Score big with these

# Eight Ender Recipes

from the Minden Curling Club

These dishes are sure to be a **sweeping** sensation in your **house.**

A COLLECTION OF SPECIAL RECIPES,
FAMILY TRADITIONS
AND CLUB BONSPIEL FAVOURITES
FROM
THE MEMBERS OF
THE
MINDEN CURLING CLUB
MINDEN JUNIOR CURLING CLUB
MINDEN SENIOR CURLING CLUB

# THE MINDEN CURLING CLUB

**Thank you for supporting the Minden Curling Club. If you would like to find out more about curling, our various "fun days" and/or if you would like to join the Club, please give us a call at 286-3311.**

**Our first half of the season runs from October to December followed by a second session which runs from January through March.**

**We offer:**

- **men's, ladies' and mixed curling in the evenings through the Regular Club**
- **men's, ladies' and mixed curling during the day through the Senior Clubs**
- **Junior curling including lessons are available during the week after school.**

**Curling is a fun way to pass the winter months, it's great exercise and a great way to meet new people!**

**We hope you enjoy our recipes and we hope to see you at the Club!**

**THANK YOU**
**THE EXECUTIVE OF THE MINDEN CURLING CLUB**

# THE MINDEN CURLING CLUB IS COOKING

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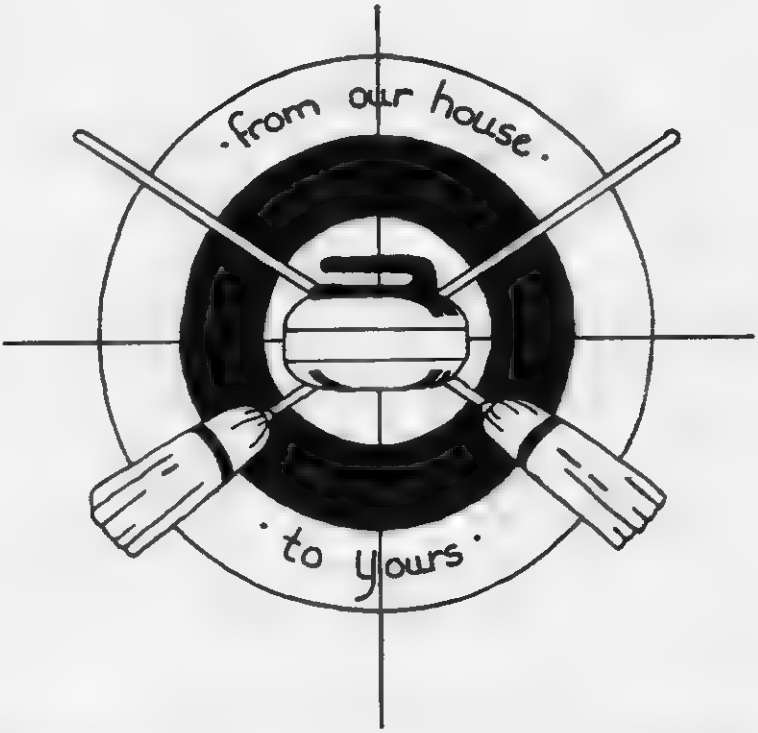
# "Good Curling" Appetizers




***The honeymoon is over when he phones to say he'll be late for dinner, he has to curl. She has already left a note to say it's in the refrigerator, she's gone to a bonspiel.***

## Metric Conversion

### VOLUME

| Conventional Measure | Exact Metric Conversion (ml) | Standard Metric Conversion (ml) |
|---|---|---|
| ¼ teaspoon | 1.2 ml | 1 ml |
| ½ teaspoon | 2.4 ml | 2 ml |
| 1 teaspoon | 4.7 ml | 5 ml |
| 2 teaspoons | 9.4 ml | 10 ml |
| 1 tablespoon | 14.2 ml | 15 ml |
| 2 tablespoons | 28.4 ml | 30 ml |
| 3 tablespoons | 42.6 ml | 45 ml |
| ¼ cup (4 tablespoons) | 56.8 ml | 50 ml |
| 1/3 cup (5-1/3 tablespoons) | 75.6 ml | 75 ml |
| ½ cup (8 tablespoons) | 113.7 ml | 125 ml |
| 2/3 cup (10-2/3 tablespoons) | 151.2 ml | 150 ml |
| ¾ cup (12 tablespoons) | 170.5 ml | 175 ml |
| 1 cup (16 tablespoons) | 227.3 ml | 250 ml |
| 4-1/2 cups | 1022.9 ml | 100 ml (1L) |

### WEIGHT

| Ounces (oz) | Exact Metric Conversion (g) | Standard Metric Conversion (g) |
|---|---|---|
| 1 oz | 28.3 g | 30g |
| 2 oz | 56.7 g | 55 g |
| 3 oz | 85.0 g | 85 g |
| 4 oz | 113.4 g | 125 g |
| 5 oz | 141.7 g | 140 g |
| 6 oz | 170.1 g | 170 g |
| 7 oz | 198.4 g | 200 g |
| 8 oz | 226.8 g | 250 g |
| 16 oz | 453.6 g | 500 g |
| 32 oz | 907.2 g | 1000 g (1 kg) |

## Aloha Fruit Dip

Sandy Cole

Mix together and chill:

- 12 macaroons, crushed
- ½ cup packed light brown sugar
- 1 pint sour cream

Serve with assorted fresh fruit.

## Bacon and Mushroom Rollups

Gail Kivela

4 slices bacon, diced
2 ½ cups finely chopped mushrooms (1/2 lb)
1 onion, chopped
4 oz. Cream cheese
15 slices sandwich bread
¼ cup butter, melted

In skillet, cook bacon, mushrooms and onion for 5-8 minutes or until tender but not crisp. Stir in cheese until melted and set aside. Trim crusts from bread and flatten slices with a rolling pin. Spread each slice with about 2 tablespoons of the mushroom mixture and roll up jelly roll fashion; secure with toothpick. Place seam side down on baking sheet. Cover and chill for at least 1 hour or freeze in single layer, then package in airtight container. If frozen, let stand at room temperature for 30 minutes before baking. Brush with melted butter. Bake in 375F oven for 10-15 minutes or until lightly browned. Remove toothpicks, cut rolls in half and serve warm. Makes 30 appetizers.

## Barbecued Marinated Brie

Gail Kivela

1 tablespoon lemon juice

1 tablespoon vegetable oil
½ red pepper, finely chopped
1 tablespoon fresh parsley, finely chopped
1 clove garlic, minced
1 teaspoon Dijon mustard
¼ teaspoon black pepper
8 ounce wheel Brie or Camembert

Combine all ingredients. Mix well. Place cheese wheel in a small, shallow glass dish and poke it full of holes with a fork. Pour marinade over cheese. Cover and let sit in refrigerator at least 2 hours or overnight. Preheat barbecue to medium (350F). Place a piece of foil on grill and poke holes in foil with a skewer. Place cheese on foil. Heat just until cheese starts to bulge around the edges and the centre is soft, about 15 minutes. Serve warm with crackers or French bread.

## Barbecued Sausage-Stuffed Mushroom Caps

Gail Kivela

20-30 large mushrooms
1 lb Italian sausage, hot or mild
1 small onion, chopped
1 clove garlic, minced or 1 teaspoon garlic powder
1 4-oz package cream cheese, softened
salt and pepper to taste

Clean mushrooms. Scoop out stems and discard. Set aside mushroom caps. Remove casings from sausages. Saute sausage, onion and garlic in frying pan until browned, stirring often to break up large pieces. Drain well. Add cream cheese to meat and stir thoroughly. Season to taste. Fill mushroom caps with sausage. Place in foil pan. BBQ, covered grill on med heat until mushrooms are tender-crisp and filling is hot (about 15 mins)

## Bruschetta

Gail Kivela

1 can (19 ounce), whole tomatoes
1 tablespoon sweet butter
1 tablespoon minced garlic
1 medium onion, cut into julienne strips
1 tablespoon basil
1 tablespoon oregano
¼ cup red wine vinegar
1/3 cup tomato paste
1 teaspoon freshly ground black pepper
1 tablespoon white sugar
½ teaspoon salt

Saute the onion and the garlic in butter until translucent. Add the tomatoes and their juice, the herbs, vinegar, tomato paste and pepper. Simmer for 20 minutes. Add sugar and salt. Taste, add more salt if needed and set aside. Divide the tomato sauce and freeze half for future use.

2 tablespoons minced garlic
2 tablespoons fresh basil
1/3 cup butter
1/3 cup extra virgin olive oil
1 cup chopped fresh tomatoes
fresh parmesan cheese
1 stick loaf Italian bread

Add the garlic and basil to the tomato mixture. In a saucepan melt the butter and add the olive oil. Cut bread into slices and toast in 400F oven for approx. 5 minutes. Spread the butter/oil mixture on one side of each slice. Spread a layer of tomato sauce over the bread. Sprinkle some of the fresh chopped tomato over the mixture and then

sprinkle with Parmesan. Bake in 400F oven for 5 minutes. Serve hot. Yields 1 loaf.

## Crab or Shrimp Spread

Sandy Cole

Mix together:

- 1 – 250 gram package cream cheese
- 1 can crabmeat or shrimp, drained, rinsed and crushed
- 2 tablespoons mayonnaise
- 1 green onion, chopped
- ¼ teaspoon paprika
- ½ teaspoon parsley flakes
- dash of tabasco and worchestershire to taste

Serve with assorted crackers.

## Cheese Ball

Sandy Cole

Mix together:
3 cups medium cheese, shredded
8 ounces cream cheese, at room temperature
1 cup sour cream
dash of salt
¼ teaspoon celery seed

Mould and wrap in wax paper. Refrigerate for 3 hours. Take out ½ hour before serving

## Cheese Ball

Gail Kivela

Mix together:

1 ½ packages cream cheese
1 package (500g) old cheddar cheese
2-3 green onions, chopped
1 small tin crushed pineapple, well drained
dash of cayenne pepper
Mix well and roll in crushed walnuts or pecans.

## Cheese Shortbread

Melanie Vigrass

½ lb McLaren's Imperial Cheese
½ lb butter
2 cups flour
2 tablespoons light brown sugar

Mix ingredients together and knead until smooth Form into a long roll. Refrigerate until firm. Cut into thin slices and bake at 250F for approx. 1 hour (watch carefully as they are suddenly done and will burn instantly). These are particularly good served with cocktails.

## Cold Pizza

Sandy Cole

Crust
Spread 2 packages of pillsbury croissants on 2 cookie sheets. Spread evenly to make a solid crust. Bake as directed on package and cool.

Mix together:

- 1 – 8 ounce package cream cheese
- ½ cup mayonnaise
- 2 tablespoons horseradish
- 1/8 teaspoon pepper
- 1 envelope Club House Country Herb dip mix

Spread over cooled crust. Top with your favourite vegetables, chopped in small pieces, i.e. carrots, celery, peppers, broccoli, onions, mushrooms, cauliflower, etc. Sprinkle with parmesan cheese and serve

## Croustarde

Diane Whitmarsh

24 slices of bread
butter, melted

Roll bread with a rolling pin until very flat. Cut circle out of bread. Brush melted butter on front and back or circle. Place in muffin tins and bake at 350F until golden brown or toasted, approx. 10-15 minutes.

250g mozzarella
1 cup sliced cooked ham
1/3 cup green onions, chopped
1/3 cup mayonnaise

Mix above ingredients. Spoon into bread shells. Bake at 350F for 20 minutes.

## Escargots

Gail Kivela

2 dozen snails
6 medium cloves garlic
2 inch celery stick
3 green onions, white part only
handful of fresh parsley
½ lb salted butter

1 tablespoon lemon juice
2 tablespoons breadcrumbs
grated parmesan

Preheat oven to 400F. Rinse snails, pat dry and set aside. Fit food processor with steel knife. With machine running, drop garlic through feed tube, add celery, onions and parsley. Process until finely chopped. Cut butter into 1 inch cubes and add. Process on/off, add pepper, lemon juice and half of breadcrumbs and process until well blended. Spoon a little garlic butter into each hole in escargot dish and securely nestle one snail in the centre. Add more butter. Sprinkle with remaining breadcrumbs and parmesan cheese. Bake for 15 minutes. Serve with lemon wedges and lots of French bread.

## Herring in Oil

Jean Dutka

2 herrings
2 onions, slice in rings
½ cup vinegar
oil

Soak herrings for two days changing water several times. Skin and de-bone herrings. Cut each half in finger size pieces. Using wide-mouth jar, put a layer of herring on bottom, sprinkle with vinegar then layer of onion; repeat until all is used. Then place oil over all so herring and onions are covered completely. May be eaten next day or refrigerated for up to one month after preparation.

## Horseradish Beef Rollups

Pat Campbell

2 tablespoons spreadable cream cheese

1 tablespoon horseradish
2 teaspoons Dijon mustard
1 large flour tortilla
2 thin slices lean roast beef
¼ cup alfalfa sprouts

Stir together cream cheese, horseradish and mustard and spread on tortilla. Arrange beef slices on top, sprinkle with sprouts. Roll up tightly from bottom, pressing to seal. Cut in half crosswise. Great for lunch box!

## Hot and Creamy Swiss Almond Spread

Melanie Vigrass

1 package light cream cheese
1 ½ cups Swiss cheese, grated
½ cup Miracle Whip Light
1/3 cup (+ enough to garnish with) sliced almonds, toasted
2 tablespoons green onions, chopped

Heat oven to 350F. Combine all ingredients, mix well. Spoon into a deep 2 cup oven proof casserole dish. Bake 15 min, stirring after 8 minutes. Serve warm with crackers and vegetables. Garnish with toasted sliced almonds.

## Meatballs

Gail Kivela

½ cup bread crumbs
2 onions, finely chopped
¼ cup milk
1 egg
½ teaspoon worchestershire

2 lbs lean ground beef
or....purchase ready made meatballs

Sauce
12 oz bottled chili sauce
10 oz grape jelly

Combine meatball ingredients and cook in skillet until browned and cooked through. Combine chili sauce and grape jelly. Mix well. Heat in microwave or in saucepan until thoroughly heated. Add to meatballs and mix gently. Heat at 325F for 30 minutes

## Mexican Layered Corn Chip Dip

Sandy Cole

Place ingredients in a 10 inch round or 9x13 inch dish in order.

1st Layer
8 ounces cream cheese and 8 ounces sour cream, softened and blended together
2nd Layer
mash 1 avocado, add 1 teaspoon of mayonnaise, ¼ teaspoon of lemon juice and spread over 1st layer
3rd Layer
1 diced tomato
4th Layer
3 or 4 green onions, diced
5th Layer
Medium salsa sauce
6th Layer
Lots of grated old cheddar cheese
Serve with corn chips.

## Mexican Vegetable Dip

Sue Wright

8 ounces cream cheese
1 cup mayonnaise
taco sauce
chopped vegetables – green onion, celery, green pepper, tomato
shredded cheddar cheese

Combine mayonnaise and sour cream. Spread in a flat dish and cover with taco sauce. Sprinkle with vegetables and cover with cheese.

Serve with crackers or nachos.

## Mini Pitas

Marilyn Burrowes

2 bags mini pitas (cut in half)
3 slices bacon, cooked & diced or one bottle of real bacon
1 cup chopped onion
2 cloves garlic, minced
1-14oz artichoke hearts, diced
1-250g cream cheese
½ cup sour cream
2 handfuls of fresh spinach, chopped

In a frying pan, cook together bacon, onions and garlic, then add artichokes, cook 1 min. Beat together cream cheese, sour cream and spinach. Mix all of the ingredients together and spoon into mini pitas. CHILL. This mixture can be frozen and reheated in microwave.

## Nacho Dip

Gail Kivela

1 – 8 oz package cream cheese, at room temperature
4 tablespoons sour cream
1 tablespoon salsa, or more to taste
1 Spanish onion, sliced
1 tomato, chopped
lettuce, shredded
cheddar cheese, grated

Mix cream cheese, sour cream and salsa. Spoon into serving dish. Top with diced onions, tomato, shredded lettuce and grated cheese (in that order). Top with dollops of salsa. Serve with nachos (recommend Doritos 'Cool Ranch').

## Party Mix

Sandy Cole

½ cup margarine or butter
1 ¼ teaspoon seasoned salt
4 ½ teaspoons worchestershire
3 cups cherrios
2 cups shreddies
3 cups chex or crispix
1 cup salted nuts
1 cup pretzels
Note: you can mix and match the cereals, nuts and pretzels any way you like.
Preheat over to 250F. Melt butter, add spices and stir in cereal. Heat 1 hour. Stir every 15 minutes.

## Pineapple Cheese Ball

Marilyn Burrowes

2 packages (8oz each) cream cheese
1 can (8 ½ oz) crushed pineapple, drained
2 cups chopped pecans
¼ cup finely chopped green pepper
2 tablespoons finely chopped onion
1 tablespoon seasoned salt

In medium bowl, beat cream cheese with a fork until smooth. Gradually stir in pineapple, 1 cup pecans, green peppers, onion and salt. Shape into a ball, roll in remaining pecans. Refrigerate until well chilled – overnight.

## Ritz Cracker Snacks

Ruby Wilkes

1 ½ box small ritz crackers
¾ cup crisco oil
1 package dry ranch dressing (Club House)
2 tablespoons dill weed
½ teaspoon garlic powder

Mix oil, dressing and spices together. Pour over crackers. Stir well, leave overnight. Enjoy!

## Romaki

Sandy Cole

1 lb bacon
2 cans of whole water chestnuts
Sauce
1 1/3 cups ketchup

2 cups of brown sugar

Mix ketchup and brown sugar to make sauce. Cut bacon strips in half and partially cook in microwave. Wrap bacon around each water chestnut and fasten with toothpicks. Place in a 9 x 13 inch pan and top with sauce and bake in oven at 350F until bacon is brown.

## Sausage Balls

Pat Schonitz

1 package sausage meat
2-4 cloves garlic, minced
2 cups bisquick
12 ounces cheddar cheese, grated
Mix well. Shape into balls and place on ungreased cookie sheet. Bake at 350F for 20 minutes. If freezing, cook only half the time and finish cooking when needed.

Sauce
1/3 cup white vinegar
½ cup sugar
2 teaspoon dry mustard
2 eggs.
Mix well, cook slowly, put through sieve. Serve warm with warm sausage balls.

## Sweet & Sour Meatballs

Bev Kinsman

1 ½ pounds lean ground beef
½ cup milk
1 cup bread crumbs
1 beaten egg

dash of salt and pepper
1 chopped onion
1 cup ketchup
½ cup water
4 tablespoons brown sugar
4 tablespoons soya sauce
4 tablespoons vinegar

Mix the first 5 ingredients into 1" balls and brown in pan. Then put in a 2 quart dish, add chopped onions over top. Mix the last 5 ingredients in pan and bring to boil. Pour over meatballs and cook in a slow oven for 1 hour.

## Taco Dip

Debbie Johnston

1 package cream cheese (room temperature)
2 tablespoons sour cream
1 cup sliced green olives, drained or to taste
1 ½ cups salsa (or more or less)
2 cups shredded cheddar cheese

Mix cream cheese and sour cream together until smooth and put into bottom of 8x8" dish. Spoon salsa over cream cheese, add a layer of drained green olives on top with shredded cheese.

## Tipsy Hot Camembert

Gail Kivela

1 200gram round Camembert cheese
10 ml Brandy
50 ml (1/4 cup) chopped, roasted, salted almonds
French bread sliced

Prick top of Camembert, half way through. Spoon brandy over. Let stand 10-15 minutes. Place on centre of microwave plate. Microwave on low (10) 6-8 minutes. Top with nuts to serve.

## Tuna Rollups

Pat Campbell

Bread slices slightly flattened with rolling pin
Mix together:
1 can tuna
1 can undiluted mushroom soup
2 green onions, finely chopped
salt and pepper to taste

Spread filling onto bread slices, roll up and place on baking sheet, on middle oven rack. Heat under broiler until lightly toasted.

## CURLING FEVER

Then out of warm homes by the thousands
And into cold rinks with a yell
Rush folks with the weirdest fever
That only real curlers can quell.

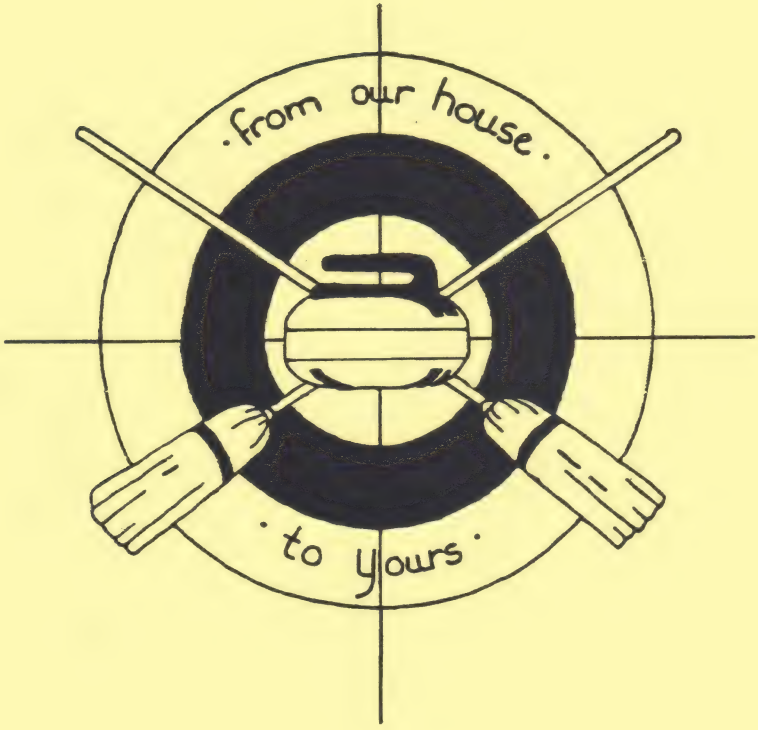
On ice, they slide, sweep and scamper
And toss forty pound rocks from the hack
Though no one can quite do any lifting at home
As housework is hard on the back.

It's really a remarkable illness
That medical science can't stop
And the only way known to cope with the germ
Is to curl on and on 'til you drop.

And it's never your fault when a game's lost
It's always the LEAD who was wrong
Or the SECOND STONE missed, or the MATE that was off
Or the ice that the SKIP gave, was wrong.

But it's really a germ worth catching
Though you wheeze and you puff and you pant
So get a good dose while you're able
Before you're too old and you can't.

# "Out of the Hack" Soups




***Know the time you play and always be there***
***For a tardy curler's a skip's dispair.***

## OVEN TEMPERATURES

| Fahrenheit | Celsius (C) |
|---|---|
| 175 | 80 |
| 200 | 95 |
| 225 | 110 |
| 250 | 120 |
| 275 | 140 |
| 300 | 150 |
| 325 | 160 |
| 350 | 175 |
| 375 | 190 |
| 400 | 205 |
| 425 | 220 |
| 450 | 230 |
| 475 | 240 |
| 500 | 260 |

## Cheddar Soup

Lynda Pawluch

2 tablespoons butter
½ cup carrot, cut small
½ cup onion, cut small
½ cup green pepper, cut small
¼ cup celery, cut small
5 tablespoons flour
4 cups chicken broth
3 cups cheddar cheese, grated
1-12oz can evaporated milk
optional, pepper and sunflower seeds

Melt butter, add veggies. Cook over med-low heat until tender. Sprinkle flour, 1 tablespoon at a time and stir. Add broth. Boil. Reduce heat. Whisk in cheese until melted, slowly add milk, blend.

## Cheddar Mushroom Soup

Gail Kivela

3 tablespoons butter
1 onion, chopped
1 clove garlic minced
1 lb fresh mushrooms, sliced
¼ cup flour
3 cups chicken stock
2 cups milk
1 teaspoon salt
¼ teaspoon pepper
1 ½ cups grated cheddar

Melt butter, add onion and garlic, cook 2-3 minutes. Add mushrooms, cook over high heat until browned and liquid evaporates. Sprinkle flour

over mushrooms. Cook 3-5 minutes until flour is slightly browned. Add chicken stock and milk. Bring to boil. Add salt and pepper. Reduce heat, cover and simmer for 15 minutes. Puree and return to pot. Add cheddar and cook gently 2 minutes until cheese is melted. Sprinkle with parsley, grated cheese and sliced mushrooms.

## Crabmeat Bisque

Gail Kivela

3 tablespoons butter or margarine
2 cups cream
3 tablespoons flour
½ teaspoon paprika
1 teaspoon salt
¼ cup dry sherry
2 cups milk
¼ cup onion, finely chopped
½ cup celery, finely chopped
2 cups (1 ½ lb) crabmeat, freshly cooked is preferable
1 teaspoon white pepper

In a large heavy saucepan, heat butter, onions and celery. Stir constantly over med-high heat for about 5 minutes. Do not brown. Add flour, paprika, salt and pepper and pour in milk and cream very slowly until full boil and smooth. Reduce heat to low and simmer for 3 minutes. Add crabmeat, stirring gently. Heat through, about 2-3 minutes. Add sherry, 1 tablespoon at a time to desired level of flavour.

## Curried Celery Soup

Gail Kivela

1 bunch celery, very finely chopped
6-8 cups milk

4 green onions, very finely chopped
2 cups chicken stock
1 cup flour
curry powder, salt and pepper, to taste
cayenne powder to taste
1 cup table cream

Place chopped celery in a saucepan with some milk and simmer. In a large pot, fry green onions in butter. Mix 2 cups chicken broth with 1 cup flour, shake well and add to the green onion and mix. Add 6-8 cups of milk and celery. Simmer – DO NOT BOIL. Add curry powder, salt and pepper to taste. Add cayenne to taste. Before serving add cream. If not using curry powder, add 2-3 teaspoons sherry before serving.

## Freezer Borscht (Beet Soup)

Linda Pawluch

¼ cup onions, diced
¼ cup celery, diced
1 clove garlic, minced
Saute above ingredients in 3 tablespoons butter.

Cook ¼ cup lima beans for 10 mins. Remove skins and cook until soft.

5 cups beets, diced or cut or shredded
10 cups of stock or 4 cans chicken broth diluted
2 bay leaves
1 cup string beans cut into ¼" pieces
1 cup tomatoes or tomato juice
chopped dill and parsley
1 cup shredded cabbage

Put stock into a large pot. Add beets, cabbage, beans, onions and bay leaves. Bring to a boil for 2 min. if beets are young or 3 mins if older. Add tomatoes or juice, boil another minute and remove from stove. Vegetables should still be crisp. Add dill, parsley, salt to taste and cool. Pour into containers and freeze. Do not overcook as vegetables would be mushy after freezing.

## French Onion Soup

Debbie Johnston

7 medium cooking onions, thinly sliced
¼ cup butter
1 tablespoons brown sugar
3 cans beef consume or beef broth
3 cans water
2 oz booze (rye, grand marnier, white wine, etc.)
sliced French bread or crusts of white bread
mozzarella cheese

Add onions and butter to frying pan. Cook until onions are translucent. Add brown sugar and cook until onions are glazed. Add booze and cook for a few minutes longer. In a crock pot, put soup and water, add onion mixture and heat for a couple of hours. Ladle soup into bowls; top with a slice of bread and cheese. Bake until cheese is melted.

## Potato Leek Soup

Gail Kivela

¼ cup butter
4 leeks, white part only
½ cup green onion, finely chopped
4 large potatoes, diced (4 cups)
3 teaspoons salt

½ teaspoon pepper
3 cups milk, scalded
4 cups water
1 tablespoon butter
cayenne to taste
croutons

Melt butter in large pan and add leeks and onions. Cook gently, stirring 5 minutes. Do not brown. Add potatoes, water, salt and pepper. Cover and cook over medium heat about 30 minutes or until vegetables are tender. Rub vegetables through sieve or whirl in blender. Return to pan. Bring to boil and stir in milk and 1 tablespoon butter. Taste and add more salt, if necessary. Cayenne can be added to taste. Serve immediately with croutons.

## FOOD EQUIVALENTS

**Bread and Crackers**
Bread, one slice = ½ to ¾ cup soft crumbs
one slice = ¼ to 1/3 cup dry crumbs
Soda Crackers, 1 lb = 2 cups crushed
24-28 squares = 1 cup crushed
Graham Wafers, 1 lb = 6 cups crushed
14 squares = 1 cup crushed

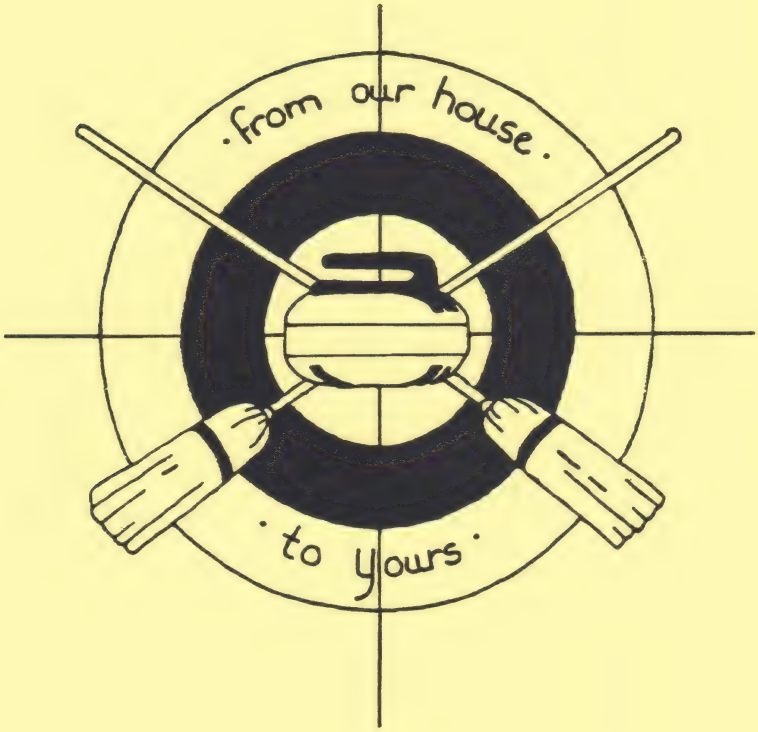
**Cereals, Pasta. Starches**
Macaroni, spaghetti or noodles, 1 lb raw = 6 to 8 cups cooked
Rice, 1 cup raw = 3 to 4 cups cooked
Rolled oats, 1 cup raw = 1 ¾ cups cooked

**Dairy Products**
Butter, 1 lb = 2 cups
1 stick = ½ cup
Cheese, Cheddar or Swiss, 1 lb = 4 cups shredded
Parmesan or Romano, 1 lb = 5 2/3 cups grated
Cottage Cheese, 1 lb = 2 cups
Whipping Cream, 1 cup = 2 cups whipped

**Eggs**
8 to 10 egg whites = 1 cup
12 to 13 egg yolks = 1 cup
5 to 6 whole eggs = 1 cup
Hard cooked, chopped, 1 dozen = 3 ½ cups

**Fats**
Butter or margarine, 1 lb = 2 cups
Shortening, 1 lb = 2 1/3 cups

# "In Turn, Out Turn" Salads




***Distract not a curler who's in the hack***
***Once the rock's delivered, it won't come back.***

## CONVERSION OF PANS & UTENSILS TO METRIC

| Utensil | Metric Volume | Metric Measure in Centimetres | Closest Size in Inches or Volume |
|---|---|---|---|
| Baking or cake pan | 2L | 20 cm square | 8-inch square |
| | 2.5L | 23 cm square | 9-inch square |
| | 3L | 30x20x5 | 12x8x2 |
| | 3.5L | 33x21x5 | 13x9x2 |
| Cookie Sheet | | 40x30 | 16x12 |
| Jelly roll pan | 2L | 40x25x2 | 15x10x3/4 |
| Loaf pan | 1.5L | 20x10x7 | 8x4x3 |
| | 2L | 23x13x7 | 9x5x3 |
| Round layer cake pan | 1.2L | 20x4 | 8x1 ½ |
| | 1.5L | 23x4 | 9x1 ½ |
| Pie Pan | 750ml | 20x3 | 8x1 ¼ |
| | 1L | 23x3 | 9x1 ¼ |
| Tube pan | 2L | 20x7 | 8x3 |
| | 3L | 23x10 | 9x4 |
| Spring form pan | 2.5L | 23x6 | 9x3 |
| | 3L | 25x8 | 10x4 |
| Baking dish | 1L | | 1 qt. |
| | 1.5L | | 1 ½ qt. |
| | 2L | | 2 qt. |
| | 2.5L | | 2 ½ qt. |
| | 3L | | 3 qt. |
| | 4L | | 4 qt. |
| Custard cup | 200ml | | 6 fl. oz. |
| Muffin pan | 40ml | 4x2.5 | 1.5x1 |
| | 75ml | 5x3.5 | 2x1 ¼ |
| | 100ml | 7.5x3.5 | 3x1 ½ |
| Mixing bowls | 1L | | 1 qt |
| | 2L | | 2 qt. |
| | 3L | | 3 qt. |

## Broccoli Salad

Zelda Cooper

1 head broccoli, washed and broken into pieces
1 medium red onion, sliced
toss together

1 cup mayonnaise
1/3 or 2/3 cup vinegar
2 tablespoons white sugar
Mix together. Add bacon bits just before serving.

## Caesar Salad

Debbie Johnston

1 head of romaine
2 buds garlic, crushed (or to taste)
1 tablespoon white vinegar
½ teaspoon worchestershire sauce
1 tablespoon lemon juice
½ teaspoon dry mustard
2 egg whites
olive oil (approx. 1 ½ cups)
1 cup grated parmesan cheese
croutons
crumbled bacon

In a blender, add crushed garlic, mustard, egg whites, worchestershire sauce, lemon juice and vinegar. Slowly add olive oil while blender is on medium. Add oil until dressing is smooth and thick. Break up, clean and dry romaine; add parmesan, bacon and croutons. Add dressing just before serving. Dressing is more potent the longer it is left before serving.

## Cauliflower Salad

Zelda Cooper

Cauliflower, broken into pieces
1 cup colby cheese, grated
1 cup mozzarella cheese, grated
3 green onions, diced
1 cup mayonnaise
¼ cup sugar
dash garlic powder
Mix together, serve and enjoy!

## Chinese Salad

Melanie Vigrass

1 head bok choy
1 head nappa
4-6 green onions, finely chopped
½ cup butter
½ cup chopped almonds
2 packages Chinese noodles
Melt butter in frying pan, brown noodles, remove to bowl. Toast almonds

Dressing
½ cup vinegar
4 tablespoons soy sauce
1 cup white sugar
½ cup olive oil
Warm all ingredients to melt sugar. Cool and mix with salad ingredients.

## Gertrude Hoolihan's Blue Cheese Coleslaw

Sue Wright

2 lb head of napa cabbage (celery cabbage), shredded
½ lb blue cheese, crumbled
1/3 cup cider vinegar
¼ teaspoon dry mustard
1 teaspoon celery seeds
2 cloves garlic, minced
½ teaspoon salt
½ teaspoon freshly ground white pepper
2 tablespoons sugar
¼ cup vidalia onion, minced
¾ cup vegetable oil

In a large bowl, toss together the cabbage and blue cheese and chill, covered, for 1 hour. While the cabbage mixture is chilling, in a bowl, whisk together the vinegar, mustard, celery seeds, garlic, salt, white pepper, sugar and onion. Add the oil in a stream, whisking and then whisk the dressing until it is emulsified. Chill the dressing, covered for 1 hour. Pour it over the cabbage mixture and toss the coleslaw until it is well combined.

## Greek Salad

Gail Kivela

1 head romaine lettuce
1 green pepper cut into strips
1 small red onion, thinly sliced
1 medium cucumber, sliced
¼ cup Greek olives
½ cup feta cheese, crumbled

Combine all ingredients except cheese.

Dressing
6 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon oregano
salt and coarse pepper to taste
Stir dressing ingredients until creamy. Add to salad, top with cheese.

## Lemon Carrot Mould

Helen Rice

1 large lemon jello
1 tin crushed pineapple
1 cup grated carrot
1 cup whipping cream, whipped quite stiff
1 tablespoon lemon juice
½ teaspoon salt

Dissolve jello and salt in 1 cup boiling water. Add pineapple juice, lemon juice and water to make 1 ½ cup. Chill until slightly thickened. Add remaining, pour into mould and chill overnight. This salad goes well with baked ham.

## Mandarin Orange Almond Salad

Gail Kivela

1 large head romaine lettuce
1 cup chopped celery
1 tablespoon minced parsley
2 sliced green onions, with tops
11 oz tin mandarin oranges, well drained

Sweet & Sour Dressing
½ cup tarragon wine vinegar

1 teaspoon tarragon leaves
½ teaspoon salt
1/8 teaspoon pepper
3 teaspoons sugar
½ teaspoon Dijon mustard
1 cup vegetable oil
1/8 cup slivered almonds, toasted

Break lettuce into bite-size pieces. Add celery, parsley, onions and oranges. Toss. To make dressing, place tarragon leaves, salt, pepper, sugar and Dijon mustard into small mixing bowl. Use a small wire whisk to beat the vinegar into the spices until mixed.
Slowly add oil. Continue mixing until the oil is completely blended and the dressing is a light creamy colour. Let stand for 20 minutes in refrigerator to allow the flavours to blend completely. Place salad on plates and sprinkle with dressing and toasted almonds.

## Raspberry Vinaigrette Dressing

Judith McNeilage

2 tablespoons raspberry vinegar
2 tablespoons white sugar
1 teaspoon Dijon mustard
½ teaspoon salt
½ cup oil

Combine first 4 ingredients in a blender. Gradually add oil. Store in a covered glass bottle in refrigerator. Makes ¾ cup. Terrific over mixed greens or mesculun mix. Add radishes, cucumbers, sliced red onion, etc. if desired.

## Sour Cream and Cucumber Salad

Sandy Cole

1 cup sour cream
1 cup mayonnaise
1/3 cup white vinegar
1 tablespoon white sugar
½ teaspoon salt
cucumbers and onions, peeled and sliced
Mix together and pour over veggies until covered.

## Tomato Macaroni Salad

Tracey Pratt

2 cups macaroni
2 chopped tomatoes
1 chopped green onion
½ chopped green pepper
¼ chopped cucumber
3 stocks chopped celery
sliced olives

Salad Dressing
2/3 cup sugar
½ cup salad oil
1/3 cup ketchup
1 teaspoon paprika
¼ cup vinegar
1 teaspoon salt
¼ teaspoon pepper
Add dressing to macaroni salad and mix well.

## Three Bean Salad

Judith McNeilage

1 can kidney beans
1 can green beans
1 can yellow beans
1 onion, thinly sliced
1 green pepper, thinly sliced

Dressing
¾ cup white sugar
2/3 cup vinegar
1/3 cup oil
1 teaspoon salt
½ teaspoon pepper
Mix dressing ingredients together and pour over bean mixture. Let stand in refrigerator overnight to marinate.

## 14 Day Cabbage Salad

Sandy Cole

1 medium cabbage, shredded thinly
1 medium carrot, shredded thinly
1 medium onion, shredded thinly
Dressing
Bring to a boil:

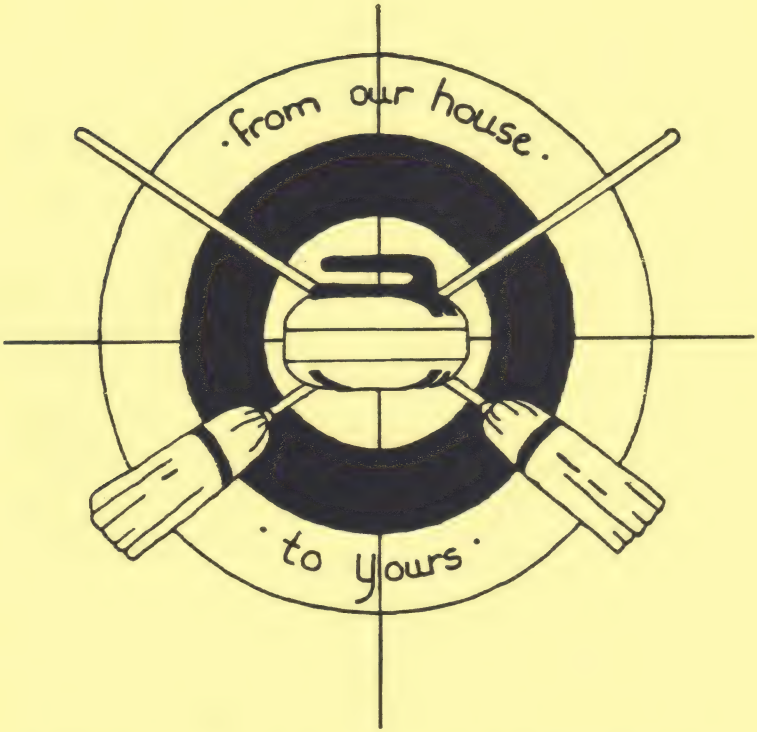
- ¾ cup white sugar
- 1 cup white vinegar
- 2/3 cup oil
- 2 teaspoons salt
- 1 teaspoon celery seed
- 1 teaspoon celery salt
- Let dressing cool and pour over cabbage mixture. Cover and store in refrigerator. Will keep for 2 weeks.

## MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- Stir food during cooking to bring the heated outside parts of the food to the centre.
- Turn food over when microwaving small items like hamburgers or chops or when defrosting.
- Rearrange foods or individual items during cooking to promote even heat distribution.
- Allow standing time to complete the cooking of roasts or baked products.
- Shield wings or legs of poultry with small pieces of aluminum foil to prevent overcooking of these parts.
- Cover foods to hold in moisture and speed cooking.
- Arrange food in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thick parts in the centre and thicker pieces towards the outside.
- Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
- Select foods or pieces of the same size and shape because small items cook faster than large ones.
- Food at refrigerator temperature takes longer to cook than food at room temperature.
- Dense foods take more time to heat than light or porous foods.

# "Draw Weight" Vegetables




***We're narrow, we're heavy, we're wide and light,***
***Sometimes we just can't do anything right!***

## VEGETABLE COOKING TIMETABLE

| Vegetable | Boil | Steam | Pressure Cook (15lbs pressure) | Bake (350F) |
|---|---|---|---|---|
| Asparagus (tied in bundles) | 15-20 | 30-40 | 9 | |
| Beans, wax or green | 15-25 | 30-35 | 2-2.5 | |
| Beets, whole | 25-45 | | 15-18 | 90 |
| Broccoli, stalks | 10-15 | 15-20 | 1 ½ -3 | |
| Brussels Sprouts | 10-20 | 15-20 | 1-2 | |
| Cabbage, green wedges | 8-15 | 10-15 | 2-3 | |
| Cabbage, shredded | 4-8 | 8-12 | ½ - 1 ½ | |
| Carrots, sliced | 15-20 | 20-30 | 2-3 | 35-45 |
| Cauliflower, whole | 15-25 | 25-30 | 3-4 | |
| Cauliflower, flowerettes | 10-15 | 10-20 | 1 ½ - 3 | |
| Celery, diced | 15-20 | 25-30 | 2-3 | |
| Corn on the cob | 8-10 | 10-15 | ½ - 1 ½ | |
| Peas | 15 | 15-25 | 1 | |
| Potatoes, whole | 30 | 30-45 | 15 | 40-60 |
| Potatoes, quartered | 20 | 30-35 | 8 | |
| Spinach | 4-8 | 5-12 | | |
| Squash, hubbard, sliced | 40 | 45-50 | 12-15 | 60-90 |
| Turnips, sliced | 15 | 20-25 | 1 ½ | |

## Baked Asparagus

Gail Kivela

2 lb asparagus
4 oz white wine
8 tablespoons butter
½ cup grated parmesan cheese
salt and pepper

Preheat oven to 375F. Clean and peel asparagus and place in baking dish. Cover with other ingredients and bake for 20 minutes.

## Baked Carrot Casserole

Jean Dutka

6 medium carrots, grated
3 tablespoons butter
salt and pepper
¾ teaspoon salt

In a buttered casserole dish, layer grated carrots, salt and pepper, 1 tablespoon butter and ¼ teaspoon of sugar. Repeat 3 times until all ingredients are used. Bake at 350F for 45 minutes. Serves 6. Can be made in advance.

## Broccoli Bake

Jean Dutka

6 cups chopped broccoli
4 ½ tablespoons butter
3 tablespoons flour
3 tablespoons onion, chopped
1 ½ teaspoons salt
2 cups milk

1 ½ cups Swiss cheese, shredded
1 ½ cups cheddar cheese, shredded
3 eggs

Melt butter, saute onions, blend in salt, flour; gradually stir in milk. Cook over medium heat stirring constantly until it comes to a boil and thickens. Remove from heat, stir in broccoli and cheese until cheese melts slightly. Stir in eggs. Pour into a 2 quart casserole. Bake 325F for 30 minutes. Can be made in advance.

## Butternut Squash Casserole

Jean Dutka

1 butternut squash, seeded and cubed
2 tablespoons butter
salt and pepper
1/3 cup finely chopped walnuts
3 to 4 tablespoons grated parmesan cheese

Cook squash for about 15 minutes or until tender. Mash squash with butter in blender or by hand until all lumps are gone. Season with salt and pepper. Put into buttered dish. Smooth top then cover with nuts and cheese. Bake at 325F for ½ hour. Can be made in advance.

## Cheddar Bacon Mashed Potatoes

Gail Kivela

4 lb Yukon gold potatoes (12)
8 slices bacon
¼ cup butter
1 tub (500ml) sour cream
¼ teaspoon salt
2 cups shredded old cheddar cheese (about 8 oz/250g)

2/3 cup green onions, sliced

Peel potatoes, cut into chunks. In pot of boiling salted water, cook potatoes for 20 minutes or until tender. Drain and return to pot; dry over medium heat for 30 seconds. Meanwhile in skillet, cook bacon over medium-high heat for about 8 minutes or until crisp. Drain on paper towel. Chop and set aside. Using potato masher, mash potatoes, butter, sour cream and salt. Stir in half of the cheese and ½ of the onion. Scrape into a 12 x 9" baking dish; sprinkle with remaining cheese and reserved bacon. Bake in 400F oven for about 15 minutes or until cheese melts. Sprinkle with remaining onions.

## Easy Glazed Carrots

Gail Kivela

2 bags (1 lb/500g) baby carrots
2 tablespoons butter
¼ cup maple syrup
generous pinches of salt and freshly ground black pepper or white pepper

Place carrots in a saucepan and cover with salted water. Bring to a boil and cook until fork tender, about 15 minutes. Drain and rinse under cold running water until cool. Drain well and place in a resealable plastic bag, a plastic container or a bowl sealed with plastic wrap. Refrigerate for up to 2 days. Just before serving, melt butter in a large frying pan or wide saucepan over medium-high heat. Add maple syrup and toss in carrots. Stir fry until carrots are glazed and lightly browned, about 5 minutes. Season as you like with salt and pepper.

## Garlic Scalloped Potatoes

Gail Kivela

5 cups thinly sliced potatoes (about 4 large)
2 tablespoons butter
4 cloves garlic, minced
3 tablespoons flour
2 cups 1% milk
½ teaspoon Dijon mustard
pinch each nutmeg, cayenne pepper and black pepper
2/3 cup grated Romano or Parmesan cheese
1 large onion, thinly sliced
½ cup chopped fresh parsley

In lightly salted boiling water, cook potatoes for 5 mins or just until they lose raw appearance. Drain; set aside. In medium saucepan melt half of the butter on med-low heat; cook garlic, stirring for 30 seconds. Add 1 tablespoon water; cover and cook for 5 mins or until garlic is softened. Add flour; cook stirring for 2 mins. Off heat, stir in enough milk to make a smooth, thin paste. Add remaining milk, mustard, nutmeg and cayenne. Cook stirring over med-high heat until thickened. Remove from heat; stir in pepper to taste and ½ cup of the cheese; set aside. Layer one-quarter of the potatoes in a greased 8 cup baking dish. Cover with one-third of the onions and parsley and one quarter of the sauce. Repeat, ending with a layer of potatoes then sauce. Sprinkle top with the rest of cheese and dot with remaining butter. Bake covered in 375F oven for 15 mins. Uncover and bake for 25 mins longer or until bubbly, golden and potatoes are tender. Makes 6 servings.

## Garlicky Green Beans

Gail Kivela

3 ¾ lb fresh green beans, cleaned and ends trimmed

6 tablespoons butter
5 cloves garlic, minced
¾ teaspoon pepper

Cook beans in boiling water for 12 minutes or until crisp-tender. Drain, set aside. Melt margarine in same pan, add garlic and pepper, cook for 1 minutes. Add beans, toss and serve immediately.
Makes 12 servings

## Glazed Sprouts and Onions

Gail Kivela

8 cups small brussel sprouts (1 ¾ lbs or 875g)
1 large red onion, peeled
1 tablespoon butter
1 cup chicken broth
2 tablespoons sugar
2 tablespoons white vinegar
½ teaspoon ground black pepper
¼ teaspoon salt
2 tablespoons chopped fresh dill

Rinse sprouts. Trim stems, remove outer leaves. Cut a cross in stem bottoms. Halve any sprouts larger than a walnut. Seal in a plastic bag. Refrigerate until ready to cook, up to 2 days. Meanwhile, slice onion into rings. Slice rings in half. Saute onion in butter over medium heat until soft, about 5 minutes. Add broth, sugar, vinegar and pepper. Bring to a boil. Add salt only if using unsalted broth. Seal in a jar and refrigerate. To cook, combine sprouts and jar contents in a large pan over medium-high heat. Bring to a boil then reduce to medium-low. Partially cover. Boil gently stirring often until ends of sprouts are fork-tender, about 15-17 minutes. Sprinkle with dill.

## Hot Broccoli & Cauliflower Casserole

Sharon Kernohan

2 cups frozen broccoli
2 cups frozen cauliflower
1 can mushrooms, drained
1 can mushroom soup
1 cup grated old cheddar cheese
2 tablespoons onion flakes

Mix broccoli, cauliflower and mushrooms in ungreased casserole. In small bowl, whisk together soup, cheese and onion flakes. Spread over top and bake in oven at 375F for about 40 mins or until vegetables are tender. Serves 4.

## Mushroom Deluxe Casserole

Sue Wright

½ cup butter or margarine, divided
3 – 8oz packages sliced mushrooms
1 ½ cups herb-seasoned stuffing mix
2 cups (8oz) shredded sharp cheddar cheese, divided
½ cup half-and-half

Melt ¼ cup butter in a large skillet over medium-high heat; add mushrooms and cook, stirring constantly, until tender. Stir in stuffing mix. Spoon half of mushroom mixture into an 8-inch square baking dish; sprinkle with half of the cheese. Repeat layers; dot with remaining butter. Pour half-and-half over casserole. Bake at 325F for 30 minutes.

## Parslied Potatoes

Pat Campbell

1 ½ pounds small red potatoes, scrubbed
1 tablespoon vegetable oil
1 medium onion, chopped
1 small clove garlic, crushed
1 cup chicken broth
1 cup chopped fresh parsley, divided
½ teaspoon pepper

Peel a strip of skin from around the middle of each potato and place potatoes in cold water. Set aside. Heat a large skillet over medium-high heat, add oil. Saute onion and garlic for 5 minutes or until tender. Add broth and ¾ cup parsley. Mix well. Bring to boil. Place potatoes in a single layer in skillet. Return to boil, reduce heat, simmer covered for 10 minutes or until tender. Remove potatoes to serving bowl, add pepper to skillet, stir. Pour sauce over potatoes and sprinkle with remaining parsley.

## Roasted Garlic Mashed Potato Gratin

Gail Kivela

2 heads garlic
2 lb Yukon gold potatoes(about 10), peeled and cut in chunks
1 ½ cups whipping cream
½ teaspoon each salt and pepper
½ cup chopped fresh chives
1 cup fresh breadcrumbs
¼ cup grated parmesan cheese
2 tablespoons butter, melted

Wrap garlic heads loosely in foil; bake in 425F oven for about 40 minutes or until very soft. Meanwhile in a large saucepan of boiling

salted water, cook potatoes for 20 minutes or until tender. Drain and return to pot. Squeeze roasted garlic out of skins into potatoes. Mash with whipping cream, salt and pepper. Stir in chives. Turn into shallow 8 cup casserole, smoothing top. Combine breadcrumbs, cheese and butter. Sprinkle over potatoes. Bake in 425F oven for about 15 minutes or until golden brown.

## Sour Cream Potato Bake

Sandy Cole

2 lb frozen hash browns
1 ½ teaspoons salt
1 pint sour cream
½ large onion, finely chopped
¼ teaspoon pepper
1 can cream of chicken soup

Mix all of the above together in a large bowl. Pour in a 28x18x4 inch baking dish or two 9x13 inch pans. This can be made well ahead or even frozen at this stage.

Topping:
½ cup melted butter
½ lb grated sharp cheese
2 cups Kelloggs Special K or Rice Crispies
Sprinkle cheese over potatoes, spread cereal over cheese and drizzle melted butter on top. Bake at 350F for 1 ¼ hours.

## Squash Casserole

Diane Whitmarsh

**8 cups acorn or butternut squash, mashed
¼ cup butter

2 eggs
1 ½ teaspoons salt

Pecan topping
¼ cup butter
½ cup brown sugar
¼ cup all purpose flour
½ cup chopped pecans

Mash pulp of squash with butter, eggs and salt (can use food processor). Turn into 3 quart (3L) ungreased casserole.

Topping
Melt butter, stir in sugar, flour and pecans. Sprinkle over top. Bake uncovered at 350F for 30 minutes. Serves 16.
Can be made ahead and refrigerated until ready for oven.

**To cook squash, puncture in several spots. Microwave for 15-20 minutes. Cool and scoop out.

## Sweet Potato Bake

Gail Kivela

4 sweet potatoes
¼ cup olive oil
1 tablespoon brown sugar
12 sage leaves, slivered
¼ cup dark rum
salt and freshly ground pepper to taste

Preheat oven to 400F. Peel sweet potatoes and cut each length-wise into 4 slices. Combine oil, sugar, sage leaves and rum in a bowl. Toss with sweet potatoes. Place sweet potatoes in a single layer,

slightly overlapping in a roasting pan and bake for 45 minutes, turning occasionally. They should be soft on the inside and crispy outside.

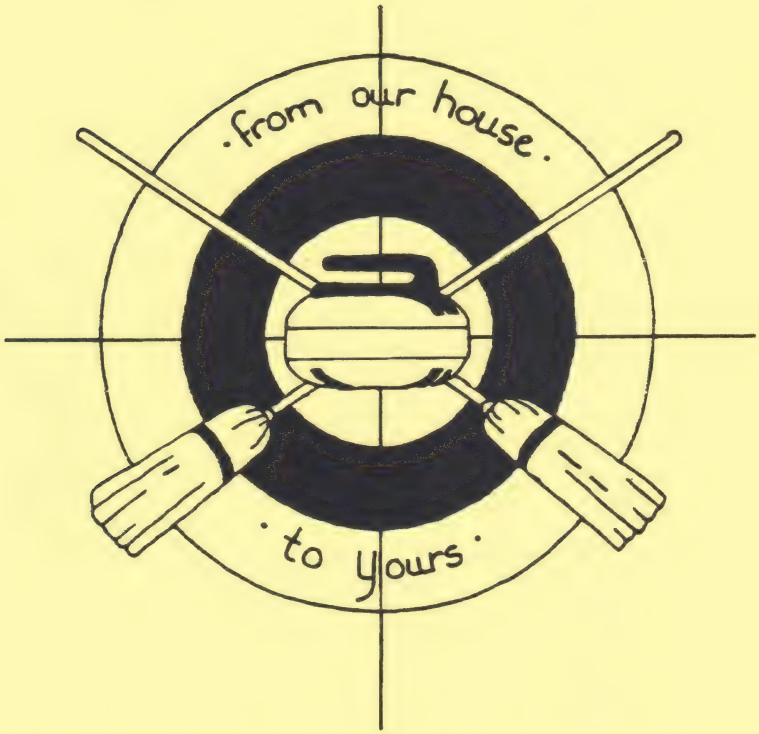
## Whipped Potato Bake

Jean Dutka

Cook, drain and mash 4 to 6 large potatoes.
Beat in:
1 cup cottage cheese
½ cup sour cream
¼ cup soft butter
salt and pepper to taste

Put in shallow baking pan, sprinkle with parmesan cheese. Bake at 350F for about 1 hour, until browned on top. Can be made in advance.

# "How's the Line" Main Course




***Yes, we guess we are curlers but not very good,***
***We don't make the shoots that a good curler should.***

## TIMETABLE FOR ROASTING MEAT & POULTRY AT 325F

| | Ready to Cook Weight (lb) | Approx. Time Req'd to Roast (hours) | Internal Temp (F) |
|---|---|---|---|
| Beef roasts | 4-6 | 2-2 ½ (rare) | 140 |
| | | 2 ½ - 3 ½ (med) | 150 |
| | | 2 ¾ - 4 (well) | 170 |
| Veal roasts | 3-5 | 2-3 ½ (well) | 180 |
| Lamb roasts | 3-5 | 2-3 (med) | 145 |
| | | 2 ¼ - 3 ¼ (well) | 170 |
| Pork loin roasts | 4-6 | 2 ¼ - 3 ½ (well) | 180 |
| Ham, cook before eating | 5-7 | 2 ½ - 3 ½ | 170 |
| Ham, fully cooked | 2-7 | 1 ½ - 2 | 130 |
| Chicken broilers or fryers, stuffed | 1 ½ - 2 ½<br>2 ½ - 4 ½ | 1-2<br>2- 3 ½ | 185 |
| Turkey roasters stuffed | 8-12 | 3 ½ - 4 ½ | 185 |
| | 12-16 | 4 ½ - 5 ½ | |
| | 16-20 | 5 ½- 6 ½ | |
| | 20-24 | 6 ½-7 | |

## Breast of Turkey with Yogurt Sauce

Doreen Spencley

2 cloves of garlic, peeled and chopped
½ teaspoon salt
¼ teaspoon pepper, fresh ground is best
6 tablespoons sunflower or olive oil
2 ¼ lbs turkey breast on bone
1 yellow pepper and 1 red pepper, seeded and chopped
1 cup leeks, white part only cut into ½" pieces
½ cup hot chicken broth
2 ¼ cups peeled and diced cucumbers
1 ¼ cup plain full-cream yogurt
½ cup chopped fresh chervil or green onions

Mix chopped garlic with salt and pepper then crush garlic and combine with 1 tablespoon oil. Coat turkey with this mixture, cover and refrigerate for 30 mins. Preheat oven to 400F. Heat remaining oil in roasting pan and pour hot oil on top. Roast in centre of oven for 30 mins. Arrange chopped peppers and leeks around turkey. Pour on hot broth and roast for 10 mins longer. Add cucumbers and cook for 5 more mins. Transfer turkey and vegetables to warm serving dish. Keep warm in switched-off oven. Stir yogurt into roasting pan to deglaze. Heat gently over low heat. Pour yogurt into sauceboat and sprinkle with chevril. Serve with turkey and vegetables. Use meat thermometer to ensure that turkey is fully cooked, it may take longer.

## Cheddary Chicken Pot Pie

10oz can condensed cream of chicken soup, undiluted
1 cup milk, divided
½ cup onion chopped
3 oz. Cream cheese, softened

¼ cup chopped celery
¼ cup shredded carrots
¼ cup parmesan cheese
½ teaspoon salt
3 cups cubed cooked chicken
10oz package frozen chopped broccoli, cooked & drained
1 egg
1 tablespoon vegetable oil
1 cup buttermilk pancake mix
1 cup shredded sharp cheddar cheese
¼ cup sliced almonds (optional)

In a large saucepan, combine soup, ½ cup milk, onion, cream cheese, celery, carrots, parmesan cheese and salt. Cook and stir until mixture is hot and cream cheese is melted. Stir in chicken and broccoli; heat through. Pour into an ungreased 2 quart baking dish. In a medium bowl, combine egg, oil and remaining milk. Add pancake mix and cheddar cheese; blend well. Spoon over hot chicken mixture. Sprinkle with almonds if desired. Bake uncovered at 375F for 20-25 minutes or until golden brown. Serves 4 to 6.

## Chicken & Broccoli Lemon Crisp

Doreen Spencley

1 lb boneless skinless chicken breasts
2 tablespoons butter, divided
2 tablespoons cornstarch
2 cups milk
2 tablespoons Dijon mustard
¼ cup mayonnaise
¼ cup sour cream
2 tablespoons lemon juice
1 ½ teaspoons grated lemon peel or to taste
1 bunch broccoli

¾ cup fresh breadcrumbs
¾ cup grated parmesan cheese

Preheat oven to 350F. Cut chicken into 1" cubes. In a large frying pan, melt 1 tablespoon of this butter. Add chicken and cook over med heat until lightly browned. Stir in cornstarch. Add milk, stir until mixture comes to a boil and thickens. Add mustard, mayonnaise, sour cream, lemon juice and peel. Cut broccoli into florets, steam for 1 min and drain. Arrange broccoli in a 2 qt. Baking dish. Spoon chicken mixture over broccoli. In frying pan melt remaining butter, add breadcrumbs and cook for 2-3 mins. Sprinkle over chicken. Top with cheese. Bake for 15 min or until mixture bubbles around edges. For the adventurous, in step 4 add with ½ teaspoon red pepper flakes or 1-2 teaspoons finely chopped fresh tarragon. Instead of broccoli, use 1 lb trimmed asparagus, lightly steamed and drained. Freezes well.

## Chicken Piccata

Gail Kivela

4 de-boned chicken breasts
4 tablespoons flour
salt and pepper
4 tablespoons butter
2 tablespoons oil
2 tablespoons fresh parsley
2 oz chicken broth
3 oz white wine
juice of 1 lemon

Pound chicken and cut into thirds. Season with flour and salt and pepper and dredge the chicken pieces in flour. Heat the oil and butter in a frying pan and saute the chicken until tender. Add the parsley, wine, chicken broth and lemon juice and simmer for 3 minutes. Serve with rice or pasta.

## Chicken Stir-Fry

Pat Campbell

Take your family's taste-buds on a trip around the world! Try the traditional and tasty Oriental stir-fry that uses frozen vegetables to save you time. For a bit more zing, visit the Zesty Thai or Mexican, or add garlic and yogurt for that irresistible hint of Greece.

Cut 500g boneless chicken into strips or bit-sized pieces. Prepare vegetables as directed. Heat 1 tablespoon vegetable oil in a large nonstick skillet or wok. Stir-fry the chicken pieces until golden. For ease and speed, saute half the chicken at a time. Add and stir fry the vegetables until they are tender-crisp.

- Oriental – 1 clove garlic, minced; 1 teaspoon minced gingerroot; 4 cuts frozen oriental vegetables
- Greek – 2 large cloves garlic, minced; 2 onions, coarsely chopped; 2 tomatoes, chopped; 1 English cucumber, cubed
- Mexican Fajita – 2 large cloves garlic, minced; 3 large onions, sliced; 2 large green peppers, sliced; 2 small carrots, cut into julienne strips
- Zesty Thai – 2 cloves garlic, minced; 1 tablespoon minced gingerroot; 2 cups snowpeas; 1 red or yellow pepper, sliced; 1 carrot, thinly sliced

Combine and add

- Oriental – ½ cup chicken broth; 2 tablespoons soy sauce; 1 tablespoon each vinegar, cornstarch and honey
- Greek – 1 cup plain yogurt; 1 tablespoon lemon juice, 1 teaspoon dried oregano; salt and pepper to taste
- Mexican Fajita – 1 cup salsa; 2 tablespoons lime juice; 1 teaspoon chili powder
- Zesty Thai – ½ cup chicken broth; ¼ cup peanut butter; ¼ cup soy sauce; 1-2 teaspoons dried, crushed red pepper

Stir fry until chicken and vegetables are coated with sauce.

Serve with:
- Oriental – rice with chow mein noodle garnish
- Greek – pita bread or rice with yogurt garnish
- Mexican Fajita – flour tortillas, guacamole and beans
- Zesty Thai – spaghettini or vermicelli with chopped peanut garnish

## Helen's Chicken

Helen Rice

4 boneless chicken breasts
1 package onion soup mix
1 regular size cream of mushroom soup
1 small (4oz) sour cream

Mix together, pour over chicken. Bake 1 ½ hours at 325F, covered for the first ¾ hour. Serve with whole new potatoes and fresh green beans with toasted almonds.

## Parisian Chicken

Gail Kivela

3 lb boneless, skinless chicken breasts
½ teaspoon salt
¼ teaspoon pepper
3 tablespoons butter
½ cup dry white wine
1 cup fresh mushrooms, sliced
1 teaspoon paprika
1 can cream of chicken soup
¾ can of milk
¼ cup chopped onion

½ teaspoon tabasco

Wash and dry chicken. Sprinkle seasoning on chicken and brown in 2 tablespoons butter in large skillet, removing as browned. Add onion and ¼ cup of the wine. Return chicken to skillet and cook 30 minutes, covered, on low heat. In small frying pan, brown mushrooms in remaining butter then add the remaining ingredients to chicken, including ¼ cup wine. Mix well and continue cooking until chicken is tender. Serve over rice or noodles. Serves 6-8.

## Sesame Oven Fried Chicken

Harvey Kivela

1 egg
½ cup milk
½ cup flour
2 tablespoons sesame seeds
1 tablespoon baking powder
2 teaspoons paprika
1 teaspoon garlic powder
1 teaspoon salt
2 ½ - 3 ½ lb chicken (thighs, drumsticks)
½ cup melted butter or margarine

Dip chicken pieces in egg/milk mixture. Combine dry ingredients in bag. Put chicken pieces in bag and shake to coat. Place chicken pieces on a baking sheet. Drizzle with melted butter. Bake at 350F for 45 minutes.

## Stuffed Chicken Rolls

Winn Taylor

6 large boneless chicken breasts

6 slices cooked ham
6 slices cheese – Swiss or processed
¼ cup flour
¼ cup parmesan cheese
½ teaspoon sage
¼ teaspoon paprika
¼ teaspoon pepper
¼ cup vegetable oil
1-10 ¾ oz can cream of chicken soup
½ cup chicken broth

Pound chicken to ¼" thickness. Place ham and cheese on each breast. Roll up and secure with toothpicks. Combine flour, parmesan, sage, paprika and pepper. Coat chicken on all sides. Cover and refrigerate 1 hour. Brown chicken in oil over medium-high heat. Transfer to slow cooker. Combine broth and soup. Pour over chicken. Cook on low 4-5 hours.

## Super Chicken Wings

Sandy Cole

3 lb chicken wings, cut up
Dip pieces in a bowl of 1 beaten egg. Roll pieces in white flour. Fry until brown.

To make sauce, mix:

- 3 tablespoons soya sauce
- 1 tablespoon water
- 1 cup white vinegar
- ½ teaspoon salt

Heat until sauce thickens, is smooth and well mixed. Pour over fried wings in baking dish and bake at 350F for 30 minutes.

## Wild Goose au Briere

Diane Whitmarsh

2 goose breasts
¼ cup canola oil
2 onions, chopped
2 green peppers, chopped
1 cup slice mushrooms
1 teaspoon each sage, thyme, rosemary, salt
1 bottle beer
cornstarch

Cut goose breasts into 4x2 inch pieces. Heat oil, brown breasts. Remove and set aside. Brown onions and return goose to pan along with green peppers, mushrooms, spices and beer. Bring to a boil, reduce heat and simmer for 1 ½ hours over low heat. Thicken gravy with cornstarch. Serve over rice or with wild rice.

## Beef Braised in Beer

Sue Wright

3-4 tablespoons vegetable oil
3 lb lean stewing beef, trimmed and cut into cubes
½ lb small mushrooms
6 medium onions, sliced
4 cloves garlic, minced
3 tablespoons flour
salt and freshly ground pepper
2 cups beef stock or beef bouillon
2 cups dark ale
1 tablespoon brown sugar
1 tablespoon red wine vinegar
1 teaspoon thyme
2 bay leaves

1 lb carrots, quartered lengthwise and cut into pieces
1 ½ lb egg noodles

Heat 2 tablespoons oil in large, heavy pot. Pat beef cubes dry and brown well, in batches. As the meat browns, remove to a side dish. In the same pot, adding a little more oil, if necessary, lightly brown mushrooms. Season and set aside. Add onions to pot and lightly brown. Stir in garlic and cook for a few minutes. Return meat to pot, sprinkle with flour, season lightly and toss over high heat for a couple of minutes. Stir in stock, ale, brown sugar, vinegar and herbs. Gently bring to a boil, stirring constantly. Lower heat and cover. Simmer over low heat or braise in a 325F oven until the meat is tender. When ready to serve, cook noodles according to package directions. Serve stew over noodles.

## Beef in Burgundy

Gail Kivela

2 lb lean beef chuck cut into 1 ½ cubes
1/3 cup flour
¼ cup butter
¼ cup olive oil
¼ cup cognac
8 medium carrots
6 small onions
3 slices bacon, cut up
1 cup chopped onion
1 clove garlic, minced
1 cup red Burgundy wine
1 cup beef broth
12 small mushroom caps
1 tablespoon butter
8 oz small onions
¼ red Burgundy wine

fresh parsley, for garnish

Coat beef with flour. Heat ¼ cup butter and olive oil in large skillet. Brown beef on all sides in butter-oil mixture. Transfer meat to a large dutch oven. Add cognac and set aside. In the same skillet, cook carrots, 6 small onions, bacon, chopped onion and garlic until bacon is crisp and vegetables are browned, stirring frequently. Drain and place vegetable mixture in dutch oven with meat. Add 1 cup Burgundy wine, beef broth and 1/2 teaspoon salt. Cover, bring to a boil. Reduce heat and simmer until meat is tender, approx. 1 – 1 ½ hours. In a small skillet, combine the 8 oz of small onions, mushrooms and ¼ cup Burgundy wine. Simmer covered until tender, 15-20 minutes. Before serving, place cooked onions and mushrooms on top of meat. Heat through. Top with parsley. Serve over noodles or rice. Makes 8 servings.

## Beef Medallions with Roasted Garlic and Brandy Sauce

Gail Kivela

1 whole garlic bulb
½ teaspoon butter, softened
2 tablespoons cracked peppercorns
2 tablespoons minced fresh parsley
½ teaspoon salt
4 slices beef tenderloin (each approx. 1 ¼" thick)
1 cup whipping cream
2 tablespoons brandy or to taste
1 tablespoon Dijon
4 mushrooms, sliced
dash tabasco sauce

Preheat oven to 375F. Slice the top of the garlic bulb to expose the clove. Rub cut end with butter, loosely wrap in foil and bake for 30-40 minutes or until very soft. Let cool slightly. Meanwhile, mix together peppercorns, parsley and salt on a plate. Roll the edges of each tenderloin slice in peppercorn mixture; set aside. To make sauce, squeeze garlic pulp into a small saucepan and mash to a smooth paste. Whisk in whipping cream, brandy, mustard, mushrooms and tabasco. Bring back to a boil. Reduce heat to medium and continue cooking until sauce is reduced and thickened, about 6 minutes; set aside. Grill or broil meat, as desired. To serve, reheat sauce, if necessary. Spoon a little sauce onto each plate, top with beef slice and spoon over more sauce.

## Braised Short Ribs

Harvey Kivela

2 lb beef short ribs
1 large clove garlic, cut in ½
¼ cup flour
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon paprika
¼ cup cooking oil
1 20-oz can tomatoes
1 cup hot water
1 large carrot, peeled and diced
1 medium onion, sliced
1 teaspoon salt
¼ teaspoon pepper
1 small bay leaf

Heat oven to 325F. Cut short ribs into pieces, trim off excess fat, rub all over with side of garlic. Combine flour, 1 teaspoon salt, ¼ teaspoon pepper and paprika on a flat dish and roll meat pieces in mixture to

coat on all sides. Heat oil in dutch oven (or large frying pan), preferably one that goes in the oven, add ribs and brown well on all sides. Lift out pieces as they brown. Drain all except 2 tablespoons of fat from pan. Sprinkle any flour that was left and let bubble-up stirring constantly. Remove from heat an add tomatoes and hot water all at once, stirring to blend. Return to heat and bring to boil, stirring constantly. Add carrots, onion, salt, ¼ teaspoon pepper, bay leaf and short ribs. Cover tightly, put in oven and cook until tender, approx. 3 hours.

## Easy Stew

Gail Kivela

2 lb stewing beef
4-6 potatoes, peeled and cubed
4 carrots, peeled and sliced
1 onion, quartered
10 mushrooms
2 cans beef broth
1 can tomato soup

Combine all ingredients in a casserole dish. Cover and bake at 325F for 2 to 2 ½ hours or until meat is tender.

## Harvey's Famous Pot Roast

Harvey Kivela

4 lb Cross Rib or Blade roast
1 package dry onion soup mix
2 cans beef broth
1/2 cup red wine
8 potatoes, peeled and halved
8-10 carrots, peeled and sliced lengthwise

8 sticks of celery, sliced lengthwise
15-20 mushrooms, whole
2 onions, peeled and quartered

Place meat, in a large covered casserole, top with dry onion soup mix, beef broth and wine. Cook at 325F for 1 hour. Add all remaining ingredients and continue cooking for 2 hours. Remove meat and vegetables from casserole and thicken gravy, on top of stove using veloutine or cornstarch and water paste mixture. Place carved meat in centre of platter and surround with vegetables. Cover with gravy and serve.

## Jack's Beer Stew

Jack Taylor

Very tasty – lots of gravy for dipping!!
2 lbs stewing beef, quartered
3-4 onions
2-10oz cans tomato soup
1 can of Molson's (Jack's favourite)
4 heaping tablespoons Bisto powdered gravy browner
lots of ground pepper
6 medium potatoes
6-8 carrots cut in chunks
½ turnip (optional)

Preheat oven to 350F. Arrange uncooked beef and onions in large roasting pan. Add pepper, tomato soup, beer and bisto. Mix gently and cover. Bake for 2 hours. Add potatoes, carrots and turnip. Cook for 1 ½ hours longer. May have to add a little water at this time. Cover and return to oven.

## Salisbury Steak

Gail Kivela

1 lb lean ground beef
2 medium onions, chopped
½ cup breadcrumbs
¾ teaspoon salt
dash nutmeg
1 ½ cups mushrooms, sliced
2 tablespoons butter
2 beef bouillon cubes in 1 ½ cups boiling water
pepper

Mix ground beef, onion, breadcrumbs, salt and nutmeg. Shape into 4 patties and saute for approx. 5 minutes on each side. Remove from heat and keep warm. Drain fat. Slice mushrooms and remaining onions and saute in butter until tender. Add bouillon mixture to onions and mushrooms and thicken gravy using veloutine or cornstarch paste mixture. Add pepper and return meat to pan, pouring gravy mixture over meat. Cover and simmer until cooked through. Delicious with mashed potatoes.

## Strip Steak with Rosemary Red Wine Sauce

Gail Kivela

4 boneless trip steaks (3 lb total, 1 inch thick)
½ teaspoon salt
1 tablespoon cracked black pepper
3 tablespoons olive oil
¼ cup onion, chopped
2 tablespoons fresh rosemary, chopped
2 cloves garlic, finely chopped
1 ½ cups dry red wine
1 can condensed beef broth

½ teaspoon dark brown sugar

Season steaks with salt. Press pepper on surface. Heat oil in large skillet over high heat. Add steaks. Lower heat to medium; cook, turning once, 4 min. per side for rare, 6 min. per side for medium-rare and 8 min. per side for well done. Remove to warm platter. Keep warm. Add onions to skillet, cook until browned stirring 2 min. Add half the rosemary, half the garlic; cook stirring, 20 seconds. Add wine, increase heat to high; boil vigorously 2 min. Add broth, sugar and meat juices that have collected on the platter. Boil 10 minutes more or until liquid is reduced by half, about 1 cup. Add remaining rosemary and garlic. Pour over steak and serve.

## BBQ Ribs

Harvey Kivela

2 racks or pork back ribs or more depending on # of people
Spicy BBQ seasoning
1 lemon, sliced
water

Rub ribs with seasoning. Arrange ribs meat side down in a large roasting pan. Place lemon slices on top. Pour in water to ½ inch depth, cover with foil and bake 1 ½ - 2 hours. Heat bbq to medium-high and place ribs on grill. Brush with PC Tournament BBQ Sauce. Cook, turning and basting frequently until ribs are crispy, slightly charred but not burned.

## Herbed Pork with Peppercorns

Gail Kivela

freshly ground black peppercorns
1 pork tenderloin (about ¾ lb)

3 tablespoons unsalted butter
2 tablespoons brandy or cognac
½ cup whipping cream
1 tablespoon Dijon
generous pinches of thyme, majoran and rosemary

Coarsely grind enough peppercorns to measure about 1 tablespoon. Press into the outer surface of the meat. Heat butter in frying pan just large enough to hold meat. Add meat and saute over medium heat until lightly and evenly browned, about 8 minutes. Reduce heat to low. Pour brandy or cognac over meat, add remaining ingredients to pan. Whisk until blended. Cover and cook over low heat turning frequently for 20-25 minutes, until meat is tender. Remove meat and slice into ½ inch rounds. Add salt to sauce if needed and pour sauce over meat.

## Honey BBQ Ribs

Sandy Cole

5 lb spareribs
½ cup honey
½ cup water
1/3 cup finely chopped onion
salt and pepper to taste
½ cup Kraft Regular BBQ Sauce
2 tablespoons soya sauce

Place ribs in large roasting pan, add salt and pepper, water and cover with foil. Bake 30 minutes at 350F. Remove foil, cook for 15 minutes more. Meanwhile mix remaining ingredients in small saucepan and simmer 5 minutes. Heat BBQ. Carve ribs into servings. Grill on broil, turning frequently and basting with sauce, until tender and crisp. Approx. 15 minutes. Can be done in oven by draining liquid after ribs have cooked. Pour sauce over ribs, stir slightly and bake for another 15 minutes. Baste a few times.

## Kobe Ranch Pork Loin

Gail Kivela

1 pork loin
2 tablespoons peppercorns
2 cups ranch dressing
¼ cup Memories of Kobe sauce (Presidents' Choice at Valu-Mart)

Score top of meat in diamond pattern. Crack pepper and press into meat. Place in plastic bag. Add ranch and Kobe. Turn to coat and refrigerate overnight, turning occasionally. BBQ on grill on high, cooking 2-3 minutes each side, then reduce heat to medium and cook with lid down for 60 minutes or until meat is cooked. Turn and paste 2-3 times while cooking. Or to cook in oven place in roasting pan and cook at 450F for 20 minutes, then reduce heat to 325F cooking until meat is done.

## Pork Parmesan

Harvey Kivela

Pork tenderloin
Garlic powder
1 cup breadcrumbs
1/3 cup parmesan cheese
1 cup milk
2 eggs
2 teaspoons worchestershire
dash tabasco
olive oil
mozzarella cheese
tomato sauce

Slice tenderloin into 2" slices and pound with meat mallet, sprinkling with garlic powder as pounding. In a wide-mouth bowl, combine milk,

egg, worchestershire and tabasco and mix together. Mix breadcrumbs and parmesan in a separate wide-mouth bowl or on a piece of wax paper. Dip meat pieces into milk mixture and then into breadcrumb mixture. To create more coating, if desired, re-dip into milk mixture and breadcrumb mixture. Cook in preheated olive oil in a large skillet until browned, turning once during cooking. Drain on paper towels. Top each piece of meat with tomato or spaghetti sauce and parmesan and mozzarella cheese. Place under broiler until cheese is melted.

## Sweet & Sour Spareribs

Irene Alexander

3 lbs spareribs (cut into bite size pieces)
cornstarch, soya sauce
1/3 cup white vinegar
¼ cup brown sugar
1 (20oz) can pineapple tidbits

Sift cornstarch over bite size pieces (both sides). Arrange on oiled pan. Sprinkle generously with soya sauce. Bake at 350F for 50 mins, turning pieces once. Combine and heat vinegar, brown sugar and drained pineapple juice in large frying pan. Remove from heat and add spareribs; stir and coat well with liquid. Let stand 1 hour to absorb flavour, then cover and reheat 15 mins. Add pineapple tidbits and heat 2 mins.

## Lemon Parsley Leg of Lamb

3 lb butterflied leg of lamb
1/3 cup lemon juice
1/3 cup chopped parsley
3 tablespoons olive oil

2 cloves garlic, minced
1 teaspoon pepper
1 teaspoon ground corainder
1 teaspoon ground cumin
1 ½ teaspoon chopped fresh oregano or ½ tsp dried
parsley sprigs

Place lamb in glass dish. Stir lemon juice, parsley, oil, garlic, oregano, pepper, coriander and cumin together in small bowl. Pour over lamb; turn to coat well. Cover; refrigerate overnight, turning occasionally. Remove lamb from marinade. Starting at short end, roll up meat tightly. Tie with sturdy string at 2 inch intervals around roll. Tie once or twice from end-to-end. Place, seam-side down on rack, in shallow roasting pan. Roast, uncovered, in preheated 325F oven for about 1 ½ hours or until internal temperature is 130F to 140F for rare. Garnish with parsley springs. Serves 6 to 8.

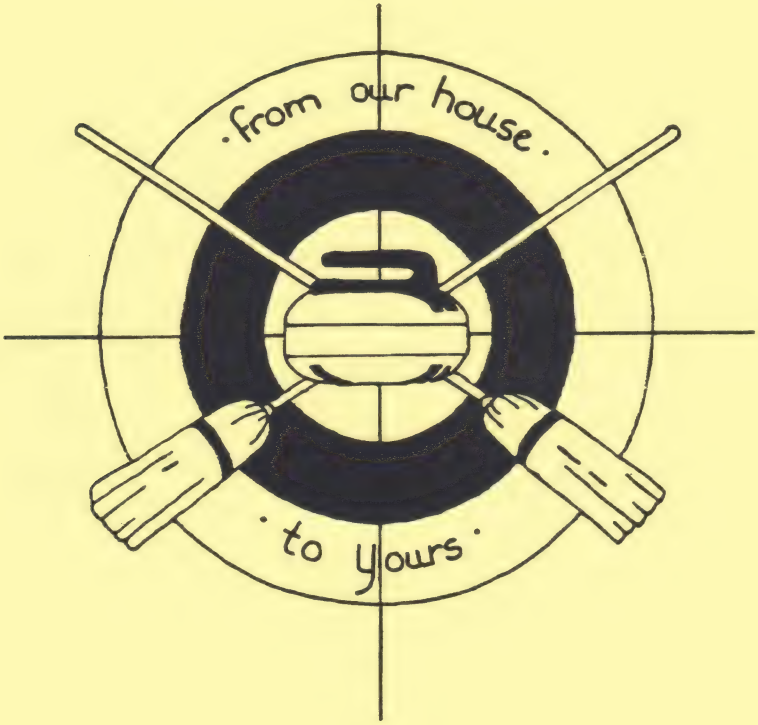
## Roast Leg of Lamb with Rosemary

¼ cup liquid honey
2 tablespoons Dijon mustard
2 tablespoons chopped fresh rosemary or 1 tsp dried
1 teaspoon freshly ground black pepper
1 teaspoon finely grated lemon zest
3 cloves garlic, minced
5 lb leg of lamp, bone in
1 teaspoon coarse sea salt

Combine honey with mustard, rosemary, pepper, lemon peel and garlic. Trim excess fat from lamb. Rub lamb well with honey mixture. Let marinade 30 mins at room temperature or overnight in refrigerator. Sprinkle with salt. Place in preheated 450F oven for 20 mins. Reduce heat to 400F, continue roasting 55-60 mins more for medium-rare.

## EXTRA RECIPES / NOTES

# "On the Broom" Casseroles




***When you can't win, you can at least grin.***

## EXTRA RECIPES / NOTES

## Ba Ba's Pork & Beans

Jean Dutka

Fresh salt pork, to render 2 to 3 tablespoons of fat
1 medium onion, sliced
1 medium ripe tomato
1 14-19 oz can of pork and beans

Remove rind from salt pork, dice and fry until crisp. Saute onion in fat. Remove skin from tomato and cut into cubes. Add tomatoes, stirring until sauce is formed. Simmer for about 5 minutes. Add beans and heat. Serve with fresh rye bread and weiners barbecued in the summer or with.....

Buttered Thyme Bread
Rye bread, 2 to 3 days old, buttered and sprinkled with thyme. Wrap in foil and put in oven at 325F for about 10 minutes.

## Beef Cabbage Rolls

Sandy Cole

1 ½ lb lean group beef
2 cups cooked rice
¼ teaspoon each of pepper and paprika
¼ cup ketchup
1/8 teaspoon hot pepper tabasco
1 large onion, finely chopped
½ teaspoon salt
1 clove garlic, minced
1 large cabbage
1 can tomato soup

Over medium heat, cook beef until browned, add onion and cook until soft. Discard fat. Stir in rice, salt, pepper, paprika, ketchup, garlic and

tabasco. Remove from heat and set aside. Core cabbage, separate leaves and blanch them in boiling salted water until they have softened. Place hamburger mixture in each leaf, roll-up and place in baking dish. When dish is full, top with sauce made from 1 can tomato soup and half a can of water. Cover with sauce. At this point you can refrigerate overnight or freeze. Bake covered at 350F for 1 ½ hours or until steamy and cooked.

## Beef Stroganoff

Helen Rice

4 tablespoons butter
1 medium onion, sliced
½ lb sliced mushrooms
1 ¼ lbs round steak, ½" thick
6 tablespoons shortening or oil
2 cups boiling water
1 oxo cube, dissolved in water
4 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
3 tablespoons worchestershire sauce
3 tablespoons ketchup
½ teaspoon thyme
1 cup sour cream
3 cups boiled rice

Melt butter, add onions and cook on low heat for 3 mins. Stir in mushrooms and cook an additional 3 mins. Remove. Cut meat into strips (1 ½" x 2 ½") and shake in bag containing flour, salt and pepper. Add shortening or oil to frying pan, brown meat, stir in worchestershire and ketchup, add onions, mushrooms and thyme. Add water, cover and cook 1 hour on low heat. Can be frozen at this point, reheat on

low for 15 mins. 10 minutes before serving add sour cream and serve with hot rice.

## Cabbage Roll Casserole

Gail Kivela

1 medium cabbage, shredded
2 ½ lb ground pork or beef (or a combination of the two)
2 onions, minced
1 can (7 oz) tomato sauce
2 cans tomato soup
½ teaspoon oregano
1 clove garlic, minced
1 teaspoon salt
½ teaspoon pepper
1 cup rice, cooked
2 slices of bacon

Place ½ shredded cabbage in well greased baking dish. Cook meat in frying pan until it loses it's redness. Add onion, tomato sauce, oregano, garlic, salt, pepper and rice. Stir until well blended. Pour 1 can tomato soup over ½ cabbage in baking dish. Cover with meat and rice mixture. Place remaining cabbage on top and then pour second can of tomato soup over all. Top with bacon. Bake 1 ½ hours at 350F.

## Chicken Casserole Deluxe

Helen Rice

4 cups coarsely cut cooked chicken
2 cans whole mushrooms, drained
2 cans cream of mushroom soup
2 cups chopped celery
1/3 cup chopped red pepper

1/3 cup peas
2 tablespoons chopped onion
¾ cup whole blanched pecans
3 cups crushed potato chips
grated cheddar cheese
butter

Line a buttered casserole with ½ of crushed potato chips. Mix first 8 ingredients together and fill casserole. Sprinkle with grated cheese. Top with remaining potato chips. Dot with butter and bake at 350F for 1 hour. Serves 8 to 12.

## Chili

Pat Woodcroft

*Served at the Curling Club Fun Night*

1 lb ground beef
1 onion, chopped
1 28oz can spaghetti sauce
1 19oz can pork & beans
1 19oz can kidney beans
1 green pepper, chopped
2 potatoes, diced
1 tablespoon chili powder (to taste)
1 tablespoon brown sugar
1 tablespoon vinegar
cayenne pepper or tabasco to taste

Cook ground beef until redness disappears, drain and add remaining ingredients and cook until heated through.

## Chili

Gail Kivela

3 tablespoons oil
½ cup chopped green pepper
½ cup chopped onion
1 lb lean ground beef
2 cups canned tomatoes
1 can tomato soup
½ teaspoon paprika
1/8 teaspoon cayenne
1 bay leaf
1 tablespoon chili powder
1 clove garlic, minced
1 teaspoon salt
2 –19 oz cans kidney beans, drained

Heat oil in large skillet, then brown the green pepper, onion and ground beef in the oil, stirring occasionally. Drain. Add the tomatoes, tomato soup, paprika, cayenne pepper, bay leaf and chili powder. Cover, simmer over low heat for about 1 hour, stirring occasionally. Add garlic, salt and kidney beans and heat through.

## Elephant Stew

1 medium size elephant
1 ton salt
1 ton pepper
500 bushels potatoes
2000 bushels carrots
4000 sprigs parsley
2 rabbits (optional)

Cut elephant into bit size pieces (this will take about 2 months). Cut vegetables into cubes (another 2 months). Put meat in pan, cover with 1000 lbs of brown gravy. Simmer for 4 weeks. Shovel in salt and pepper to taste. When meat is tender, add vegetables (steam shovel used here). Simmer slowly for another 4 weeks. Garnish with parsley. This serves 3800 people. If more are expected, the 2 rabbits may be added, but do this only if absolutely necessary, as most people don't like to find hare in their stew.

## Fish Casserole

Marilyn Burrowes

Fish fillets
½ cup balsamic vinegar
½ cup chopped tomato
½ cup chopped onion
basil, salt, pepper
leaves of romaine lettuce

Place fish fillets in a casserole. Mix together vinegar, tomato and onion and garnish fillets. Sprinkle basil, salt and pepper as you wish over fillets. Cover with lettuce leaves. Bake at 450F, 10-12 minutes. If fillets are frozen, bake twice as long. Serve with lemon.

## Hamburger and Scalloped Potatoes

Sandy Cole

1 ½ lb ground beef
10 or so medium potatoes, sliced
salt and pepper
milk
2 large onions sliced
1 can cream of mushroom soup

2 teaspoons butter or margarine

Brown hamburger meat, drain and put in bottom of casserole dish. Season with salt and pepper. Top with layer of onions, then potatoes, dot with 1/3 can of soup. Do 2 more layers of onions, potato and soup, seasoning in-between. Dot top layer with butter. Add milk until almost covered. Bake at 350F for 1 hour. Add additional milk if necessary. Cover for first 30 minutes of cooking, then finish uncovered.

## Jambalaya

Gail Kivela

2 tablespoons corn oil
4 skinless boneless chicken breasts, cubed
1 lb spicy sausage, sliced
6 oz ham, cubed
1 onion, finely chopped
2 celery stocks, chopped
2 green peppers, chopped
3 cloves garlic, minced
1 can crushed tomatoes
2 cups chicken stock
1 teaspoon cayenne pepper
¼ teaspoon each thyme, parsley
1 bay leaf
1 ½ cups rice
salt and pepper
4 scallions, chopped

Heat oil in large frying pan or wok. Add chicken and sausage and cook until browned (approx. 5 minutes). Add ham cubes and cook another 5 minutes. Add celery, onion, green peppers, garlic, tomatoes, chicken stock, cayenne, thyme, parsley, bay leaf to pan. Bring to boil, stirring well. Stir in rice, salt and pepper. Return to a

boil, reduce heat, cover and simmer 10 minutes. Remove from heat without removing lid. Set aside for another 20 minutes to allow rice to finish cooking. To serve, remove bay leaf and scatter scallions on top.

## Macaroni & Cheese Casserole

Carol Learn

1 cup macaroni
3 tablespoons fat
3 tablespoons flour
¼ teaspoon dry mustard (optional)
dash of pepper
2 cups hot milk
2 tablespoons (or more) chopped onion
2 cups grated cheddar cheese
¾ teaspoon salt

Cook macaroni in 2 quarts boiling water with salt, until tender. Drain; melt fat, blend in flour, let bubble for 3 mins. Add hot milk, onion, salt, pepper, dry mustard to butter and flour mixture. Add grated cheese and mix until melted. Add macaroni to this. Put in well-greased 1 ½ quart casserole. Top with buttered crumbs (diced pieces of bread) and cover with grated cheese. Bake at 400F until brown, approx 20-30 mins.

## Meat & Potato Casserole

Carla Fountain

1 ½ cups cooked beef (left over roast)
2 tablespoons butter or margarine
1 can condensed cream of celery soup
½ cup milk
1 cup grated cheddar cheese

black pepper
3 cups sliced, cooked potatoes
paprika

Preheat oven to 375F. Cut beef into thin strips. In a heavy saucepan or skillet heat beef and onion in hot butter until onions are tender, about 3-4 minutes. Mix in undiluted soup, milk and ¾ cup cheese. Add pepper to taste. Arrange alternate layers of sliced potatoes and meat soup mixture in 1 ½ quart casserole. Top with remaining ¼ cup cheese. Sprinkle with paprika and bake, uncovered, about 30 minutes.

## Meatball Dinner

Melanie Vigrass

3 slices of bread
½ cup milk
1 egg, beaten
1 lb ground beef
3 tablespoons onion, grated
3 tablespoons snipped parsley
1 teaspoon salt
1/8 teaspoon pepper
2 cups tomato juice
1 cup water
½ cup carrot, chopped
½ cup celery, chopped
1 teaspoon kitchen bouquet
½ teaspoon salt

Soften bread in milk. Add beaten egg. Mix ground beef, grated onion, snipped parsley, salt and pepper. Combine bread and meat mixtures, form into 18 balls, roll in flour. In skillet, brown balls in 2 tablespoons hot shortening, drain off excess fat. Add tomato juice, water, chopped

carrots, chopped celery, kitchen bouquet sauce and salt, cover and simmer for 45 minutes. Serve with rice.

## Meat-za Pie

Pat Woodcroft

Crust
1 lb lean ground beef
½ cup milk
1/3 cup fine dry breadcrumbs
½ teaspoon garlic salt

Filling
½ cup spaghetti sauce
1-10 oz can drained mushroom pieces
¼ cup green pepper
1 cup shredded mozzarella cheese

Mix crust ingredients together and pat into a 9" pie plate to form a shell. In the centre of the shell, place the filling ingredients in listed order. Bake at 375F for 35 mins. Serves 4-6. Olives, pepperoni, onions, pineapple may also be added.

## Mexican Chili

Sandy Cole

1 lb ground pork sausage meat
¼ cup oil
12 oz of water
1 teaspoon salt
1 teaspoon chili powder
1 teaspoon celery salt
1 teaspoon crushed red peppers

carrots, chopped celery, kitchen bouquet sauce and salt, cover and simmer for 45 minutes. Serve with rice.

## Meat-za Pie

Pat Woodcroft

Crust
1 lb lean ground beef
½ cup milk
1/3 cup fine dry breadcrumbs
½ teaspoon garlic salt

Filling
½ cup spaghetti sauce
1-10 oz can drained mushroom pieces
¼ cup green pepper
1 cup shredded mozzarella cheese

Mix crust ingredients together and pat into a 9" pie plate to form a shell. In the centre of the shell, place the filling ingredients in listed order. Bake at 375F for 35 mins. Serves 4-6. Olives, pepperoni, onions, pineapple may also be added.

## Mexican Chili

Sandy Cole

1 lb ground pork sausage meat
¼ cup oil
12 oz of water
1 teaspoon salt
1 teaspoon chili powder
1 teaspoon celery salt
1 teaspoon crushed red peppers

4- 19oz cans of kidney beans, drained
2 onions, chopped
1 can tomato paste
1 cup canned tomatoes
½ teaspoon black pepper
1 teaspoon paprika
1 teaspoon garlic powder

Cook pork and onions in oil in frying pan until tender and cooked through. Empty into stew pot or crock pot and add remaining ingredients. Mix well, simmer 25-35 minutes or 1 ½ to 2 hours in crock pot.

## No Fuss Cabbage Rolls

Debbie Johnston

1 large head of cabbage (remove from refrigerator at least 24 hours ahead)
2 lb ground beef (do not cook)
2 cups long grain rice (do not cook)
2 tablespoons garlic powder
1 tablespoon black pepper
tomato juice
½ can tomato paste

Mix meat mixture together. Core cabbage and remove leaves. Add meat mixture to core end of cabbage left, tuck in sides and roll. Hold together with toothpick. Place in a crock pot and cover with tomato juice and paste. Cook on medium for 6 hours. Cabbage rolls can be frozen individually and removed when needed.

## Paella

Gail Kivela

¾ lb mild or hot sausage
6 large shrimp
6 clams
1 onion
2 cloves garlic
1 red or green bell pepper
1 tomato
6 chicken thighs
1 ½ cups raw rice
¼ teaspoon saffron
3 ¾ cups chicken stock or canned broth
½ cup frozen peas

Cut sausage into slices. Peel and de-vein shrimp. Scrub clams. Chop onion, mince garlic. Cut pepper into thin strips. Peel and chop tomato. Heat oven to 350F. Heat oil in large frying pan or wok. Add sausages and cook until no longer pink inside. Remove to paper towels. Salt chicken, brown on all sides in same pan and remove. Add onions, peppers, 1 teaspoon salt and ¼ teaspoon pepper and cook until soft, about 10 minutes. Add tomato and cook 5 minutes. Put tomato mixture, rice, saffron and stock in a large flameproof baking dish, pot or paella pan. Stir together. Push chicken and clams into rice and top with sausage and peas. Bring to a boil over medium-high heat. Then put in preheated oven and bake uncovered until liquid has been absorbed and rice is tender, 35-40 minutes. After 15 minutes, add shrimp. Remove, cover tightly with lid or aluminum foil and let stand 10 minutes before serving.

## Pineapple Pork & Rice Casserole

Carol Learn

4 pork chops
1 onion, chopped
½ green or red pepper
1 cup long grain rice
2 chicken bouillon cubes
2 cups water, boiling
14 oz can pineapple slices
½ teaspoon thyme (powder)
½ teaspoon salt
12 whole cloves
1 tablespoon brown sugar
1 tablespoon butter

Preheat oven to 350F. Trim fat from pork chops and slash sides. Heat oil in large frying pan, brown chops on both sides, then set aside. Add onions pepper and celery to fat in pan and cook until onions are soft, about 5 mins. Stir in rice and cook until the grains are golden colour. Dissolve bouillon cubes in boiling water. Drain a half cup of pineapple juice and add to the rice mixture along with chicken bouillon, thyme and salt. Stick 2 cloves in each pineapple slice (4) and set aside. Turn into a 2 quart casserole, 9x13" pan that is wide enough to hold pork chops in a single layer. Place the chops on top. Cover with foil and bake in preheated oven for about 40 mins or until rice is puffed and most of the liquid has been absorbed. Uncover and place pineapple slices studded with cloves on top of pork chops and sprinkle with brown sugar. Dot with butter and drizzle with remaining pineapple syrup. Return dish to 350F oven and cook uncovered until fruit is heated through and slightly glazed.

## Salmon Loaf

Zelda Cooper

2 cans (7 ½ oz) red salmon
1 cup dry crackers or bread crumbs
¼ cup milk
¼ cup margarine
3 large egg yolks & whites, separated
1 tablespoon lemon juice
1 tablespoon onion, finely grated
2 tablespoons parsley, chopped
½ teaspoon worchestershire or HP sauce
¼ teaspoon salt
1/8 teaspoon pepper

Drain salmon, pour juice over crumbs. Heat margarine and milk together, add crumbs and let soak. Flake salmon and crush bones. Add to crumbs. Stir in egg yolks, lemon juice, onion, parsley, worchestershire sauce, salt and pepper. Beat egg whites till stiff. Turn salmon mixture into egg whites. Pour into greased loaf pan. Bake at 350F for 40 minutes.

## Sausage Bake

Carla Fountain

1 cup uncooked macaroni
2 eggs
1 can cream of celery soup
1 cup grated cheddar cheese
1 cup milk
1 lb sausage, cooked and diced
cornflakes, bread crumbs or potato chips for topping

Cook macaroni, drain and set aside. Beat eggs, add soup, 1 cup grated cheese and milk, beat again. Place diced sausage into a 2 quart casserole. Spread cooked macaroni over top. Pour egg, soup mixture over macaroni and meat. Sprinkle crumbs and ¼ cup grated cheese on top. Bake 30 minutes at 350F or until set.

## Sloppy Joes

Pat Woodcroft

1 lb minced beef
2/3 cup chopped onion
1 teaspoon salt
¼ teaspoon pepper
Brown above ingredients, then add
1 tablespoon flour
1 cup water
2/3 cup ketchup
½ teaspoon worchestershire sauce

Serve on buns or as a casserole.

## Stan's Rice Dish

Stan Dutka

2 cups instant rice
2 cups water
1 can mushrooms (with juice)
¼ cup cooking oil
1 package onion soup mix
3 tablespoons soya sauce

Mix in casserole dish. Bake at 350F for 1 hour.

## Stuffed Zucchini

Diane Whitmarsh

1 zucchini (large)
1 ½ lb ground sausage meat
1 onion, chopped
2 or 3 mushrooms, sliced
garlic, salt, pepper, rosemary
1 can tomato sauce
¼ cup bread crumbs
mozzarella cheese and parmesan cheese

Cut zucchini lengthwise. Scoop out seed. Scoop flesh from inside of shell, until about ¼ inch is left (save scooped flesh). Place shell in oven at 300F for 15 minutes. Make sure shell is upside down on a cookie sheet that has ¼ cup of water on it. Cook sausage, onions, mushrooms, spices to taste; add tomato sauce and scooped out flesh from zucchini; cook until tender. Add ¼ cup bread crumbs to thicken. Fill zucchini boats with the meat mixture. Cover with sliced or grated mozzarella and top with parmesan. Bake at 325F until hot and cheese is melted.

## Turkey Pot Pie

Carol Learn

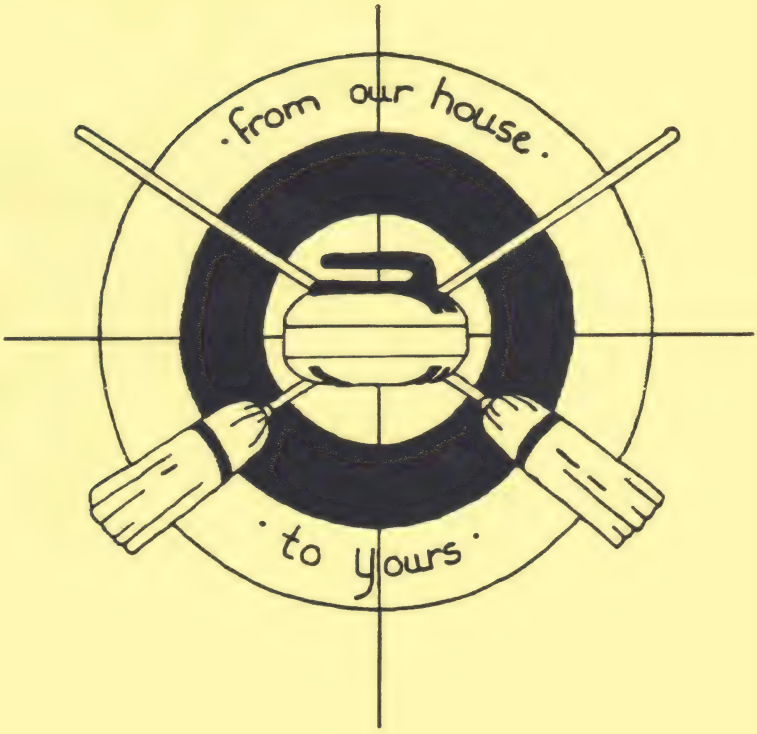
2 cups peeled & quartered potatoes (3 medium)
1 ½ cups carrots, cut in 1" pieces
1 cup coarsely chopped onion
1 can condensed cream of mushroom soup (10oz)
2 tablespoons all purpose flour
salt, pepper and poultry seasoning to taste
¾ cups vegetable cooking water
4 cups cooked turkey, in chunks
2 cups sliced fresh mushrooms

1 cup frozen peas, thawed
1 envelope (1/2) box Robin Hood flaky pie crust
1 beaten egg yolk, optional

Cook potatoes and carrots in boiling salted water just until tender (15 mins). Drain vegetables, saving ¾ cup liquid. Combine onions, soup, flour and seasonings. Add reserved vegetable water, stirring until smooth; fold in turkey and all vegetables. Pour mixture into a greased 3 quart casserole or baking dish. Prepare pastry according to package directions. Roll out to size of top of casserole. Place over filling, flute edge. Make slits for steam to escape. For a shiny crust, brush with egg yolk. Bake at 425F for 25-30 mins or until pastry is golden. Makes 6-8 servings.

## EXTRA RECIPES / NOTES

# "YesYes Sweepa Da" Pasta




***Our fame isn't spreading and we'll never go far,***
***But after the game, we can sit at the bar.***

## EXTRA RECIPES / NOTES

## Baked Italian Sausage Pasta

Gail Kivela

1 tablespoon olive oil
2 lb hot Italian sausage
1 large onion, chopped
1 clove garlic, minced
1 28oz can plum tomatoes, drained and chopped
2 tablespoons tomato paste
sprig fresh rosemary or 1 teaspoon dried rosemary
freshly ground pepper
½ cup fresh parsley
½ cup black olives, pitted and sliced (optional)
¾ lb (375g) pasta, penne or ziti
½ lb mozzarella cheese sliced
2 firm fresh tomatoes, thinly sliced
¼ cup parmesan cheese, grated
pinch oregano and rosemary

Remove casings from sausages and break up the sausage meat with a fork. Heat oil in large heavy frying pan, add sausage meat in batches and brown lightly. Lift browned meat out with a slotted spoon and set aside. Lightly brown onion in the same pan. Stir in garlic, tomatoes, tomato paste, rosemary and pepper. Return sausage meat to pan, lower heat and simmer for about 30 minutes or until sauce is thickened and flavours are well blended. Add olives (optional) and parsley. While sauce is simmering, cook pasta in a large quantity of lightly salted water until barely al dente. Drain and set aside. To assemble the dish, toss half the sausage sauce with the pasta and spread in a lightly oiled 9x13" baking dish. Top with remaining sauce. Arrange mozzarella and tomato slices in alternating diagonal pattern and sprinkle with parmesan cheese and additional pinches of rosemary, oregano & black pepper. Bake at 350F until dish is hot and cheese is bubbling and just beginning to brown (20-30 minutes).

## Fettucine with Shrimp and Garlic

Gail Kivela

¼ cup butter
¼ cup olive oil
2 tablespoons chopped shallots or green onions
2 teaspoons garlic, minced
1 pound fettucine or medium egg noodles
1 pound fresh shelled shrimp (if using frozen, buy cooked then thaw and drain well)
replace shrimp with chicken if desired
1 cup whipping cream
2 eggs, lightly beaten
½ cup freshly grated parmesan cheese

In a skillet, melt butter with oil, add shallots and garlic and cook over medium-low heat until soft. Cook fettucine in a large pot of boiling, salted water until al dente, drain. Add shrimp to skillet and cook for 1-2 minutes over medium-high heat, stirring until cooked. Stir in cream, then noodles. Add egg and cheese, tossing noodles to mix. Serve immediately.

## Harvey's Lasagna

Harvey Kivela

1 package lasagna noodles
1 lb lean ground beef
1-1 ½ jars pasta/spaghetti sauce
1 container (8 oz) cottage cheese
1 onion, diced
1 green pepper, diced
sliced mushrooms
2 cloves garlic, minced
1 tablespoon basil and oregano

mozzarella cheese
parmesan cheese

Combine ground beef, onion, green pepper and mushrooms. Cook, covered in microwave on high heat until meat is cooked, approx. 10 minutes. Drain fat. Stir and add pasta sauce, garlic, basil, oregano and cottage cheese. Mix thoroughly. Return to microwave and cook until heated through. Meanwhile, in large pot of boiling, salted water, cook lasagna noodles al dente. Arrange a layer of sauce/meat mixture on bottom of 9x13" pan. Cover with a layer of noodles and a layer of mozzarella cheese, then sprinkle with parmesan cheese and top with sauce. Repeat layers 3 times ending with parmesan and mozzarella cheese. Cook at 375F for 30 minutes covered and an additional 10 minutes uncovered.

## Rotini with Creamy Tomato Herb Sauce

Gail Kivela

1 tablespoon olive oil
1 onion, chopped
1 can (20 oz) tomatoes, pureed
¼ teaspoon pepper
1 package (113g) herbed cream cheese
¾ lb rotini
¼ cup parmesan cheese
1 tablespoon parsley

In skillet, heat oil over medium heat. Cook onions, stirring occasionally for 3 minutes. Add tomatoes and pepper. Boil. Reduce and simmer 10-12 minutes or until thickened. Whisk in cream cheese until smooth and heated through (optional: add peeled deveined shrimp during last few minutes of cooking). Cook pasta in salted water, 7 minutes. Drain and toss with sauce. Sprinkle with parmesan and parsley.

## Spaghetti Sauce (Friday Night Special)

Harvey Kivela

1 ½ - 2 lbs lean ground beef
2 large jars or cans (1L each) of spaghetti sauce
2 onions, chopped
1 green pepper, chopped
8-10 mushrooms, sliced or chopped
1 hot pepper, finely diced
2-3 cloves of garlic, minced
2-3 tablespoons each, oregano and basil
2 bay leaves
light sprinkle of chili peppers

In a large microwave casserole, or in frying pan, mix ground beef, onion, green pepper, mushrooms and hot pepper. If using microwave, heat, covered, on high for 10 minutes or until meat looses it's redness. If using frying pan, brown until meat looses it's redness. Drain. Add spaghetti sauce and spices. Cook covered in microwave on high for 10 minutes and on medium for 45-60 minutes or cook on stove in large heavy-bottom pot over medium heat until boiling then reduce and simmer for 90 minutes.

Serve over spaghetti and top with grated parmesan and mozzarella cheese. Broil until browned.

## Stuffed Pasta Shells

Pat Campbell

1 –250g box pasta shells
Cook according to direction on box

Filling
1 package frozen chopped spinach, thawed

1 egg, beaten
500g Ricotta cheese
½ cup grated parmesan cheese
1 cup shredded mozzarella cheese
¼ teaspoon salt
dash of pepper
¼ teaspoon nutmeg
¼ cup seasoned breadcrumbs

Mix together all of the above. Stuff into shells. Cover with one 24oz can of your favourite spaghetti sauce and bake at 350F for approx. 40 minutes.

## Three Cheese and Herb Penne

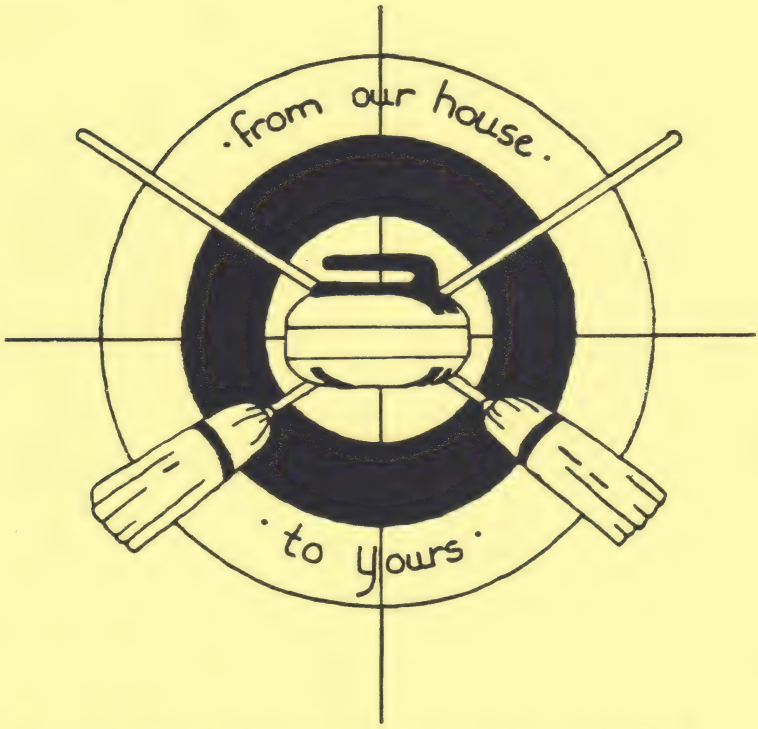
Gail Kivela

2 cups coarsely grated cheddar
1 cup coarsely grated mozzarella
¼ cup grated parmesan cheese
1 lb penne pasta
3 tablespoons butter
2 small cloves garlic, minced
¼ cup flour
1 teaspoon mustard powder
¼ teaspoon nutmeg
3 cups milk
2 tablespoons finely chopped fresh herbs (such as parsley, dill, oregano, basil)
½ teaspoon salt

In a bowl, toss cheeses together and set aside. Cook pasta according to package directions. Drain well, turn into a 9x13" baking dish. Set aside. Melt butter in a saucepan over medium heat. Add garlic, cook for 1 min. Stir in flour, mustard powder and nutmeg. Gradually whisk

in milk, making sure there are no lumps. Stirring, bring to a boil, reduce heat and simmer 1 minute. Remove from heat. Set aside ¾ cup of the tossed cheese. Add remaining cheese to sauce a handful at a time, stirring until melted. Stir herbs, salt and pepper into sauce. Toss sauce with pasta. Sprinkle with reserved cheese. Place baking dish under broiler for about 1 minute or until cheese starts to bubble.

# "Over the Hog Line" For Dessert




***The lazy person aims at nothing and usually hits it***

## BAKING TEMPERATURES AND TIMES

| Food | Oven Temp (F) | Approx Time Required for Baking |
|---|---|---|
| Cake,<br>Butter, cupcake | 350 | 15–25 |
| Layer | 350 | 20–35 |
| Loaf | 350 | 45–60 |
| Fruit | 275 | 120-300 |
| Angel | 375 | 30-45 |
| Sponge | 350 | 30-45 |
| Cookies<br>Drop | 350-375 | 8-15 |
| Meringue | 250 | 50-60 |
| Rolled | 350-375 | 20-35 |
| Squares | 350-375 | 20-35 |
| Desserts<br>Fruit cups | 350-375 | 35-45 |
| Cheesecake | 350 | 45-60 |
| Custard | 350 | 30-60 |
| Pastry<br>One crust pie | 400-425 | 30-40 |
| Meringue on cooked filling in preheated shell | 350 | 12-15 |
| Shell only | 400-425 | 45-55 |
| Two crust pie with uncooked filling | 400-425 | 45-55 |
| Two crust pie with cooked filling | 425-450 | 30-45 |

## Ambrosia Dessert Squares

Carla Fountain

1 ½ cups graham wafer crumbs
½ cup butter or margarine, melted
1 package vanilla pudding & pie filling
1 package (250g) cream cheese, softened
2 medium bananas
1 can mandarin oranges, drained
2 envelopes dream whip

Mix graham wafers and butter. Press firmly into 9x13" pan. Bake 5 minutes at 350F and cool. Prepare pudding and pie filling mix. Beat cream cheese into hot filling. Cover with plastic wrap and chill 40 minutes. Slice bananas over crumb crust. Stir pudding and fold in oranges then spoon over bananas. Spread with whipped topping. Chill 3 hours, cut into squares.

## Apple Crisp

Judith McNeilage

8 apples, peeled and sliced
½ cup water
½ cup corn syrup
Pour water and corn syrup over apples in a greased casserole dish.
1 cup flour
1 cup brown sugar
½ cup margarine
Mix with a pastry blender and sprinkle over apple mixture. Bake at 350F for approx. 40 minutes.

## Applesauce Cake

Doreen Spencley

½ cup Crisco
1 cup sugar
1 egg
1 cup flour
½ teaspoon nutmeg
½ teaspoon salt
1 cup seedless raisins
1 cup apple sauce
1 teaspoon baking soda dissolved in ½ tablespoon hot water

Sift flour and spices, add raisins. Mix remaining ingredients. Pour into a tube pan and bake at 350F for approx. 35 mins.

Icing
1 package (8oz) cream cheese, softened
1 tablespoon lemon juice
1 teaspoon grated lemon peel
1 ½ cups confectioner's sugar (icing sugar)
Mix well.

## Bananas Foster

Gail Kivela

1 pint vanilla ice cream
8 tablespoons butter (1/2 cup) cut into ½' bits
½ cup brown sugar
4 firm ripe bananas, peeled, cut lengthwise into halves
½ teaspoon ground cinnamon
½ cup banana liqueur
1 cup rum

Combine the butter and brown sugar in a flambe pan or frying pan and stir until the mixture becomes a smooth syrup. Add bananas and baste them with the syrup for 3-4 minutes and sprinkle in the cinnamon. Carefully pour in the banana liqueur and rum and let liqueurs warm for a few seconds. Carefully light and pour over ice cream.

## Bavarian Apple Torte

Pat Woodcroft

Base
½ cup butter
1/3 cup sugar
¼ teaspoon vanilla
1 cup flour
1/3 cup raspberry jam
Filling
8 oz cream cheese
¼ cup sugar
1 egg
½ teaspoon vanilla
Topping
1/3 cup sugar
½ teaspoon cinnamon
4 cups apples, peeled, cored & sliced
½ cup almonds, sliced

Preheat oven to 450F. To make crust, cream butter, sugar and vanilla. Blend in flour. Press on the bottom and sides of a 9" springform pan. Spread with a thin layer of raspberry jam. For filling, combine the cheese and sugar, add the egg and vanilla. Mix well. Pour evenly over jam. For the topping, toss the apples with the sugar and cinnamon and spoon over the cream cheese mixture. Sprinkle with almonds. Bake at 450F for 10 mins then at 400 for 25 mins. Cool and

carefully remove sides of pan. Store in cool place until needed. Serves 8-10.

of cake. Swirl with a knife or use a decorating comb to create concentric circles around the cake. Allow to set. Remove from pan and set on a doily-lined plate. Serve very cold.

## Black Forest Cake

Gail Kivela

2, 9" round chocolate cake layers
2 cans (14oz each) sweet cherries, pitted
¼ cup Kirsch
3 cups real whipping cream, divided
2 oz bittersweet chocolate, grated
Maraschino cherries

Horizontally slice cake layers into halves. Drain cherries, reserving ¼ cup of the juice. Coarsely chop cherries; set aside. Sprinkle each cake layer with 1 tablespoon of the reserved juice and 1 tablespoon of the Kirsch. Place one cake layer on serving plate. Whip 1 ½ cups whipping cream until light and spread 1/3 of the whipped cream over cake layer. Top with a third of the cherries. Repeat layers, finishing with final cake layer. Press down lightly. Whip remaining whipping cream and use to frost top and sides of cake, reserving 1 cup whipped cream for garnish. Press grated chocolate into sides of cake. Pipe reserved whipped cream into rosettes on top of cake and top each with a cherry. Chill for 3 hours or overnight before serving. Serves 10-12.

## Bourbon Pecan Pie

Gail Kivela

Pastry for single crust pie
2 cups brown sugar
3 eggs
pinch salt
1 cup corn syrup
½ cup butter, melted
1 teaspoon vanilla
1 tablespoon bourbon whiskey
1 ½ cups pecan pieces
In a bowl, beat sugar, eggs and salt. Add corn syrup, melted butter , vanilla and bourbon. Whisk until well blended and mixture is frothy. Spread pecans over bottom of pie shell. Pour in filling. Bake at 350F until filling is firm, about 1 hour. Serve warm with wedges of vanilla ice cream.

## Butterscotch Apple Dumplings

Tracey Pratt

(From Australia)

2 green apples
1 cup self rising flour
pinch of salt
2 teaspoons sugar
4 tablespoons margarine
2 tablespoons water, approx.
Sauce
2 tablespoons margarine
1 cup brown sugar
1 tablespoon corn syrup
1 ½ cups water

Sauce: combine all ingredients in saucepan, stir over low heat until sugar is dissolved. Bring to a boil, remove from heat, pour over dumplings.

Dumplings: Sift flour and salt in a bowl, add sugar, mix in margarine. Add water and mix into a soft dough (a little extra water may be added if necessary). Peel, core and quarter apples. Divide pastry into 8 equal portions. Carefully press each portion of pastry around an apple quarter. Place in casserole dish and pour sauce over. Bake at 350F for 25-30 minutes. Serve warm with cream or ice cream.

## Butter Tart Slice

Sue Wright

The Crust:
2 cups flour
¼ cup white sugar
1 cup butter or margarine
pinch salt

The Filling:
3 eggs, beaten
2 cups brown sugar
¼ cup butter
1 tablespoon baking powder
pinch salt
¾ cup coconut
1 teaspoon vanilla
1 cup raisins
3 tablespoons flour
nuts are optional

To make crust: combine first four ingredients and press into 9x13" pan. To make filling: melt butter, add eggs and remaining ingredients. Pour over crust. Bake at 350F for 35 minutes. Cut while hot.

## Butterscotch Pie

Gail Kivela

1 cup firmly packed brown sugar
5 tablespoons flour
1 ½ cups milk
2 egg yolks
1 tablespoon butter
few grains salt
1 pie shell baked
meringue

Mix brown sugar, flour, salt. Gradually add milk. Mix well. Beat egg yolks, add. Cook over hot water stirring constantly until thickened. Add butter. Pour into shell. Swirl on meringue. Bake in moderate oven (325F) for 20 minutes. Can also be garnished with whipped cream instead of meringue.

## Candy Strawberries

Lynda Pawluch

1 pound shredded coconut
2 6-oz packages wild or regular strawberry gelatin
1 can sweetened condensed milk
1 teaspoon almond extract
red crystal sugar
strawberry stems or green crystal sugar

Grind coconut in blender. Mix all ingredients together. Shape into strawberries, roll in red sugar. Insert stems if available from cake decorating shop. If stems are unavailable, dip top of strawberry in green sugar.

## Caramel Pecan Ice Cream

Diane Whitmarsh

¾ cup flour
1 cup chopped pecans
1 cup brown sugar
1 cup rolled oats
1 cup margarine
1 ½ cups or 375ml caramel sauce
8 cups vanilla ice cream, soft

Mix flour, pecans, brown sugar and rolled oats together. Heat at 400F for 15 minute or until golden. Stirring constantly. Cool. Press half of flour mixture into 9x13" pan. Drizzle half of sauce on mixture. Spread ice cream on mixture. Add remaining crumbs and sprinkle with sauce. Cover and freeze. A great make ahead dish.

## Carrot Plum Pudding

1 ½ cups flour
1 ¼ cups brown sugar
1 ½ teaspoons each baking soda, grated nutmeg and cinnamon
¾ teaspoon salt
½ teaspoon ground cloves
1 tablespoon lemon juice
1 cup (5 oz) currants
1 cup (5 oz) raisins

1 cup (4 oz) chopped walnuts
3 eggs
3 tablespoons butter, melted
1 ½ cups each shredded carrots and potatoes

In bowl, stir together flour, brown sugar, baking soda, nutmeg, cinnamon, salt, cloves and lemon juice. Stir in currants, raisins and walnuts. In separate bowl, beat eggs. Gradually beat in melted butter. Using wooden spoon, stir in flour mixture just until moistened. Stir in carrots and potatoes. Spoon batter into well greased 8 cup steamed pudding ring mold or 6 cup pudding bowl. Put lid on ring mold. For pudding bowl, make lid: make 1 inch pleat across middle of large piece of foil and place over bowl. Press sides down, trim edge, leaving 2 inch overhang. Tie string around top of bowl, fold foil overhang up to string. Place pudding mold or bowl on rack in large saucepan, pour in boiling water to come 2/3 up side of mold. Cover saucepan and simmer over med-low heat, 2 hours for ring mold, 2 ½ hours for bowl or until cake tester inserted in centre comes out clean. Let stand 5 mins. Remove mold and place on serving plate. Serve with lemon custard or yogurt cheese sauce. Makes 12 servings.

## Centennial Squares

Tracey Pratt

¼ cup melted butter poured into bottom of 8" square pan
Add by pressing in (do not mix, mixture is layered):
1 cup graham crumbs
1 cup coconut
1 cup chocolate chips
1 cup walnuts

Pour over everything, 1 can Eagle Brand milk
Bake at 350F for 30 minutes. Cool and refrigerate overnight. Cut into squares.

## Cherry Dessert

Gail Kivela

1 ½ cups graham cracker crumbs
¼ cup butter, softened
¼ cup sugar
½ pint whipping cream
2 cups small marshmallows
1 tin cherry pie filling
Mix graham cracker crumbs, butter and sugar. Reserve some for topping. Pat into 8x8" pan. Cook 10 minutes at 350F. Cool. Whip ½ pint whipping cream. Add 2 cups small marshmallows. Place on crumb mixture after it has cooled. Top with 1 tin cherry pie filling. Sprinkle with graham cracker crumbs. Refrigerate 24 hours before serving.

## Cherry Supreme

Carol Learn

¾ box graham wafers, rolled fine (1 ½ cups)
¼ lb softened butter
Mix well together. Line 7x11" pan with crumbs pushing well up on sides. Bake 5 mins in 375F oven and cool.

Beat 1 package dream whip as directed. Add 1 cup icing sugar and ½ lb cream cheese, softened. Add cheese in small amounts and keep beating until smooth. Pile into crust of cracker crumbs. Spread 1 can cherry pie filling over the whipped mixture. Chill until ready to use. Blueberry is very good too. Your own filling is the best.

## Chocolate Amaretto Cheesecake

Gail Kivela

32 round rolled-type chocolate wafer cookies

500g cream cheese, softened
¾ cup firmly packed brown sugar
7g envelope gelatin
½ cup almond liqueur
1 cup whipping cream
6 squares semisweet chocolate, melted

Place cookies, standing around outside edge of 8 ½-9" springform pan. Beat cream cheese until smooth, blend in brown sugar. Sprinkle gelatin over ½ cup almond liqueur. Let stand 5 minutes. Stir over low heat until gelatin dissolves. Blend warm gelatin into cream cheese. Beat 1 cup whipping cream, fold into cheese mixture. Set aside 1 cup of this mixture. Melt 6 squares semisweet chocolate, cool. Fold chocolate into remaining cheese mixture. Spread all by ½ cup of the chocolate mixture into prepared pan; spread plain mixture evenly on top. Top with remaining ½ cup chocolate mixture and swirl with a knife to marble the top layer. Chill at least 3 hours before serving.

## Chocolate Meringue Ice-Cream Cake

Gail Kivela

4 egg whites
¼ teaspoon cream of tartar
pinch of salt
1 cup sugar
1 teaspoon vanilla
3 tablespoons cocoa powder
8 cups vanilla ice cream
½ cup whipping cream
1 cup sliced strawberries

Line 2 baking sheets with parchment paper or greased and floured foil. Using an 8" round cake pan as a guide, draw 2 circles on each sheet, turn parchment paper over, set aside.

In bowl, beat together egg whites, cream of tartar and salt until soft peaks form; beat in sugar, 2 tablespoons at a time, until stiff glossy peaks form. Stir in vanilla. Sift cocoa over top; fold in. Spoon ¼ of the mixture onto each circle, spread evenly to edge. Bake in top and bottom thirds of 275F oven for about 1 hour or until tops are firm to touch, switching pans halfway through. Transfer to racks, let cool completely, peel off paper. (Make ahead: wrap in foil and store in cool, dry place for up to 5 days). Let ice cream soften for 30 minutes in refrigerator. Spread heaping 2 ½ cups ice cream on 1 of the meringues. Repeat layers twice. Top with remaining meringue. Freeze for 2 hours or until firm or for up to 24 hours. To serve, whip cream, spread on top of meringue. Arrange strawberries attractively over cream. Makes 12 servings.

## Chocolate Strawberry Shortcake

Gail Kivela

1 ½ cups flour
½ teaspoon baking soda
½ teaspoon salt
1 tablespoon baking powder
½ cup sugar
½ cup Crisco shortening
1 cup buttermilk
2 squares unsweetened chocolate, melted and cooled
2 tablespoons sugar
1 tablespoon brown sugar
2 tablespoons orange liqueur or orange juice

Topping
2 squares semisweet chocolate
1 tablespoon butter
1 quart strawberries
1 container cool whip, thawed

Combine flour, baking soda, salt, baking powder and ½ cup sugar in large bowl. Cut in shortening until mixture resembles coarse meal. Blend in buttermilk and chocolate. Mix well. Spread into 2 greased and floured 9" round layer cake pans. Combine 2 tablespoons sugar and brown sugar and sprinkle over both layers. Bake at 400F, 12-15 minutes or until cake begins to pull away from sides of pan. Cool and drizzle each layer with 1 tablespoon liqueur. Partially melt chocolate with butter over hot water. Remove from heat and continue stirring until completely melted. Wash strawberries and dry thoroughly. For garnish on top of cake, dip bottom of 10 whole berries in chocolate Place on waxed paper and chill until chocolate is firm. Hull and slice remaining berries. Place one cake layer on serving plate and top with all of the sliced berries and half of the whipped topping. Cover with second layer. Top with remaining whipped topping and whole dipped strawberries. Drizzle remaining melted chocolate over top of cake. Refrigerate.

## Cranberry Sauce Nut Loaf

Judith McNeilage

A great way to use leftover cranberry sauce at Christmas!

1 ¾ cups flour
¾ cup white sugar
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup chopped nuts
1 egg
1 cup whole cranberry sauce (or ½ can)
¼ cup oil
½ cup milk
1 teaspoon vanilla

Mix all together. Bake in a loaf pan at 350F for about 1 hour.

## Creole Chocolate Cake

Doreen Spencley

2 cups unsifted all-purpose flour
1 teaspoon baking soda
½ cup butter or margarine
½ cup salad oil
3 squares unsweetened chocolate
2 cups sugar
2 eggs, beaten
½ cup sour milk (place 1 ½ tsp vinegar in 1 cup measure, fill with milk to measure ½ cup)
1 teaspoon vanilla

Filling:
1 can (5.3oz) evaporated milk
¾ cup sugar
¼ cup chopped seedless raisins
½ cup chopped dates
1 teaspoon vanilla extract
½ cup chopped walnuts or pecans
½ cup chilled heavy cream

Frosting:
1 package (6oz) semisweet chocolate pieces
½ cup sour cream
dash salt

Preheat oven to 350F. Sift flour with soda into large bowl. Grease well and flour two 8x8" square pans. In small saucepan combine butter, oil and chocolate, stir over low heat to melt chocolate. Add 1

cup water. Cool 15 mins. To flour mixture, add 2 cups sugar, the eggs, sour milk and 1 teaspoon vanilla, mix with wooden spoon. Stir in cooled chocolate just to combine. Quickly turn into prepared pans. Bake 30-35 mins till surface springs back when pressed with finger. Cool in pans 5 mins. Carefully loosen sides with spatula. Turn out onto racks, cool. Make filling in small saucepan; combine milk, sugar and ¼ cup water. Cook over medium heat, stirring to dissolve sugar. Add raisins and dates. Stir with wooden spoon. Cook stirring until mixture is thickened, about 5 mins. Add vanilla and nuts. Cool completely. In small bowl, beat cream with rotary beater just until stiff. On plate place layer, top side down, spread with filling, then whipped cream. Top with second layer. Make frosting. Melt chocolate pieces in top of double boiler over hot water. Remove top of double boiler from hot water. Stir in sour cream and salt. With wooden spoon, beat until smooth. Cool 5 mins, until frosting is of spreading consistency. With spatula, frost top of cake, swirling decoratively; use rest of frosting to cover sides. Refrigerate 1 hour before serving. To serve; with sharp thin knife, mark top of cake into four quarters, then cut each quarter into 4 slices.

*This chocolate cake would be downright sinful if it didn't taste so divine.*

**Crispy Crunch Dessert** Gail Kivela

Base
½ cup melted butter
1 cup flour

- 1st layer

8 oz cream cheese
1 cup icing sugar
½ large container cool whip

- 2nd layer

2- 4oz instant pudding – 1 chocolate, 1 butterscotch
2 cups milk
- 3rd layer

balance of cool whip
2 crispy crunch bars, crushed

Prepare base and bake at 350F for 15-20 minutes in a 9x13" pan. Mix and spread first layer over base, once cooled. Beat puddings with milk. Set aside for a few minutes and pour onto 1st layer. Let stand 5 minutes. Cover with balance of cool whip and top with crushed chocolate bars. Freeze until ½ hour before serving.

## Crumb Cake

Pat Campbell

2 cups flour
1 cup sugar
¾ cup butter

Rub flour, butter and sugar to crumbs. Take out 1 cup of crumbs for top of cake. Mix the remainder with:
1 egg
1 cup sour milk
½ teaspoon baking soda
2 teaspoons baking powder
1 teaspoon cloves
1 teaspoon cinnamon
1 cup raisins
1 cup currants
Pour mixture into a well-greased fairly shallow pan, cover top with 1 cup of the crumbs. Bake at 375F for 35-40 mins.

## Fruit Cocktail Cake

Sandy Cole

2 cups flour
1 14oz can of fruit cocktail
pinch of salt
½ cup margarine
2 teaspoons baking soda
2 eggs, beaten
1 teaspoon vanilla
1 ½ cups sugar

Mix all ingredients in one large bowl by hand. Pour into ungreased 9x13" pan, bake 1 hour at 300F.
While cake is cooling, make topping
½ cup margarine
1 cup brown sugar
1/ cup carnation evaporated milk
Boil above for 2 minutes, remove from heat and stir in 1 cup of coconut and 1 teaspoon of vanilla.
Pour hot topping over cake. Let cool. Cake will be very moist for days.

## Mary Roberts Green Tomato Pie

Sandy Cole

(Tastes Like Raisin Pie)

5 medium sized green tomatoes
1 ½ cups white sugar
1 ½ cups water
grated rind of 1 lemon
1 teaspoon cinnamon
½ cup seeded raisins

Wash and slice green tomatoes, add to the water and sugar that has boiled for 5 minutes. Add grated lemon rind and cinnamon. Cook tomatoes until transparent. Add raisins and cook a few minutes longer. Put between two pie crusts and bake.

## Gum Drop Cake

Marilyn Burrowes

2 eggs
1 cup white sugar
½ cup butter
2 cups flour
1 teaspoon baking powder
1 cup milk
1 teaspoon cinnamon
¼ teaspoon allspice
1 ½ cups seedless raisins
1 lb gum drops (no black) – cut up
walnuts, almonds or pecans (optional)
coconut and almond flavouring

Flour gum drops and raisins. Combine eggs, sugar and butter. Add dry ingredients alternating with milk. Add floured gum drops, raisins and nuts. Pour into greased loaf pan. Bake at 350F for 1 hour or until golden brown on top. Top will have a crack in it.

## Ice Cream Sundae Cheesecake

Gail Kivela

Crust
1 1/3 cup chocolate wafer crumbs (325ml)
¼ cup sugar
1/3 cup butter or margarine

Filling
1 package cream cheese softened (8oz/250g)
1 cup icing sugar, sifted
4 cups frozen prepared whipped topping
1 cup vanilla ice cream (250ml)
6 tablespoons chocolate sundae sauce
chocolate sundae sauce and cocoa to garnish (optional)

Combine all ingredients for crust. Press firmly into bottom of 9" springform pan. Bake at 375F for 8-10 minutes. Cool completely. Beat cream cheese, icing sugar, whipped topping and ice cream in a large bowl on low speed of electric mixer, just until blended. Pour over baked crust. Drop 6 tablespoons of chocolate sauce at even levels on filling. Twirl with a knife. Freeze at least 3 hours or until firm. Remove sides of pan. Let cake sit for 10 minutes to soften. Drizzle a small puddle of chocolate sundae sauce on each plate. Place a slice of cheesecake on top. Sprinkle with cocoa. Makes about 10 servings. Garnish cake with a few fresh raspberries, strawberries and/or mint leaves for presentation. For longer then overnight storage, keep frozen in pan, covered with plastic wrap.

## **Impossible Pie**

Sandy Cole &
Tracey Pratt

4 eggs
½ cup margarine
½ cup flour
2 cups milk
1 cup white sugar
1 cup coconut
2 teaspoons vanilla

Blend all ingredients in blender for a few seconds until well mixed. Pour into a greased 10" pie plate. Bake at 350F for approx. 1 hour, until centre is firm. The flour will form a crust, with a custard centre and coconut topping.

## Kahlua White Russian Cheesecake

Gail Kivela

1 ½ lb (3-8oz packages) cream cheese, softened
¾ cup sugar
½ teaspoon salt
1 teaspoon vanilla
4 eggs
¼ cup Kahlua
2 tablespoons vodka
1 cup sour cream
1 cup shredded coconut, toasted
Caramel Nut Crust (recipe follows)
Kahlua Cherry Sauce (recipe follows)

Beat cream cheese until smooth. Beat in sugar, salt and vanilla. Add eggs 1 at a time, beating well after each. Stir in Kahlua and vodka. Pour onto crust. Set on baking sheet. Bake at 350F, 45 minutes, cool 5 minutes. Stir sour cream, then spread over cake. Sprinkle coconut on top. Serve with Kahlua Cherry Sauce.

Caramel Nut Crust
In skillet over low heat, stir 3 tablespoons butter with 3 tablespoons sugar. Add 1 tablespoon Kahlua. Heat and stir 2 mins. Add ½ cup chopped pecans and ½ cup Zwieback crumbs (you can substitute graham cracker crumbs). While mixture is warm, press in even layer in bottom of 9" springform pan.

Kahua Cherry Sauce
Drain 1 (19oz) can pitted dark sweet cherries in syrup, reserving syrup. Mix cherries, 1 tablespoon Kahlua and 1 tablespoon vodka. In pan, mix 2 tablespoons each sugar and cornstarch with dash salt. Stir in syrup and 1 tablespoon lemon juice. Cook and stir until boiling, thick and clear. Add cherry mixture; cool.

## Love Cake

Lynda Pawluch

½ oz kisses
½ oz love
4 sweet lips pressed together
½ oz teasing
¼ oz squeezing
Bake well in the young man's arms. Serve in the dark in a hammock.

## Lemon Loaf

Sandy Cole

1 lemon cake mix (double)
1 lemon jello powder (small)
¾ cup oil
4 eggs
1 cup hot water
3 greased loaf pans
Glaze:
¼ cup lemon juice
¾ cup icing sugar

Dissolve jello in hot water and let cool. Add oil and jello to cake mix and mix well with electric mixer. Add 1 egg at a time, beating well after each. Pour into pans and bake at 350F for 40 minutes. Remove from

oven and top with glaze. Mix lemon juice and icing sugar. Pierce loaves with a large fork. Pour glaze over cakes. Remove cakes from pans when cool.

## Lemon Dessert

Gail Kivela

1 cup flour
½ cup butter
½ cup chopped almonds
1 8oz package cream cheese
1 cup icing sugar
cool whip
1 package lemon pie filling
toasted almonds

Mix flour, butter and chopped almonds and press into bottom of 9x11" pan. Bake at 325F for approx. 15 minutes or until golden brown. Cream 1 package cream cheese with 1 cup icing sugar. Mix in 1 cup cool whip. Cream all of this together and spread on top of cooled based. Cook 1 package lemon pie filling using only 2 cups total of boiling water. Let cool and then pour on top of cheese filling. Cover with remaining cool whip and sprinkle with toasted almonds. Refrigerate.

## Lemon Poppy Seed Cake

Judith McNeilage

520g package lemon cake mix
106 g package instant lemon pudding mix
4 eggs
½ cup oil
1 cup water

¼ cup poppy seeds
¼ cup icing sugar (optional)

Combine all ingredients except icing sugar. Mix 4 minutes. Pour batter into a 10" bundt pan. Bake at 350F about 50 minutes. Cool 5 minutes. Invert onto a serving plate. Dust with icing sugar when completely cooled. Yield = 12-14 servings.

## Mary Roberts Maple Syrup Pie

Sandy Cole

1 cup maple syrup
½ cup water
2 egg yolks, beaten (save the whites for meringue)
2 tablespoons flour
1 tablespoon butter

Beat yolks, add syrup, water and butter. Heat in double boiler. Add flour mixed with a little water, stir until thickened. Pour into baked pie shell. Make meringue, cover pie and brown. This makes a small pie.

## Meuille Feuille

Gail Kivela

½ box whole graham wafers (enough for 2 layers of a 9x13" pan)
1 large package of vanilla cooked pudding & pie filling
1 ½ pints whipping cream
1 package or container of pre-made vanilla icing
1 square of semisweet chocolate, melted

Line bottom of 9x13" pan with whole graham wafers, cutting as necessary to fit. Cook vanilla pudding, as per package instructions but reducing milk from 3 to 2 ¾ cups. Cool and then pour over graham

wafers. Whip cream until stiff peaks form. Layer on top of cooled pudding. Top with another layer of whole graham wafers. Top wafers with vanilla icing. Melt chocolate. Dip knife into chocolate and drizzle over top to form wavy lines down the length of the dessert. Refrigerate overnight before serving.

## No-Bake Cream Cheese Pie

Lynda Pawluch

1 8oz package cream cheese
½-1 cup fruit sugar powdered
1 envelope dream whip
vanilla

Mix fruit sugar with cream cheese. Make envelope dream whip as per package instructions. Add vanilla. Mix together cream cheese and dream whip mixture.
Graham Cracker Shell
1 ¼ cup graham cracker crumbs
1/8 lb melted margarine
¼ cup brown sugar

Mix above 3 ingredients for the shell. Shape in a pie plate. Spread cream mixture evenly over shell. Spread the pie filler on cream mixture, i.e. pineapple, cherry, blueberry. Sprinkle any leftover shell mixture on the pie filer. Refrigerate for at least 2 hours before serving.

## Peanut Butter Cornflake Cookies

Gail Kivela

6 cups cornflakes
½ cup peanuts
1 cup brown sugar

½ cup corn syrup
½ cup butter or margarine
½ cup peanut butter
1 teaspoon vanilla

In large bowl, combine cornflakes and peanuts. Set aside. In heavy saucepan, combine brown sugar, corn syrup and butter or margarine. Bring to boil, stirring constantly until butter melts and sugar dissolves. Let mixture boil hard 1 minute. Remove from heat, stir in peanut butter and vanilla and beat until peanut butter melts. Pour mixture over cornflakes and stir until evenly combined. Press into greased 9x13" pan and chill until firm. Cut into 1-by-3 inch pieces. Makes about 3 dozen.

## Peanut Butter Marshmallow Squares

Sandy Cole

1 cup peanut butter
1 350g package butterscotch chips
1 ¾ cups coconut
1 cup butter or margarine
1 package fruity mini-marshmallows
1 cup chopped filberts

Melt peanut butter, butter and butterscotch chips. Stir in ¾ cup coconut, marshmallows and nuts. Pour into greased 9x13" pan and top with 1 cup coconut. Chill until firm. Cut into squares.

## Pineapple Dessert

Bev Kinsman

2 cups vanilla wafers, rolled fine
5 tablespoons melted butter

Mix well, butter and flour a 12x8" pan and place half the crust mixture in it, pressing down firmly.

Filling
½ cup butter
1 cup powdered sugar
2 eggs well beaten
¼ cup chopped nuts
1 can of crushed pineapple, well drained
½ pint of whipped cream

Cream butter, powdered sugar and add the well beaten eggs. Mix thoroughly. Spread over crust in pan. Add a thin layer of nuts, then layer of crushed pineapple. Spread on whipped cream. Top with remaining crust. Refrigerate 24 hours. Serves 8-10.

## Quick & Easy Pumpkin Pie Squares

Yellow or Spice cake mix
½ cup margarine, melted and cooled
1 egg
Mix and reserve 1 cup for top.
1 28-oz can pumpkin
12 oz. can evaporated milk
1 cup brown sugar
4 eggs
1 tablespoon pumpkin pie spice

Line 9x13" dish with the following:
1 cup cake mixture
2 tablespoons sugar
2 tablespoons margarine

Pour in pumpkin mixture. Dot with reserved cup of cake mixture.
Bake at 350F for 40-50 mins.

## Raisin Mumbles

Irene Alexander

Filling:
2 ½ cups raisins
2 tablespoons cornstarch
3 tablespoons lemon juice
½ cup sugar
¾ cup water
Cook, stirring constantly over low heat until thickened (about 5 mins), cool.

Crumb Mixture:
¾ cup soft butter
1 cup brown sugar
1 ¾ cups flour
½ teaspoon soda
1 ½ cups oatmeal
½ teaspoon salt
Mix butter with sugar. Add dry ingredients. Mix, press half of mixture into greased pan. Spread on filling. Sprinkle on remaining crumbs.
Bake at 375F for 30 mins.

## Raspberry Meringue Pie

Gail Kivela

1 10 inch deep dish pie shell, baked
1 can (19oz) raspberry pie filling

Custard

4 egg yolks
1/3 cup sugar
3 tablespoons cornstarch
1 ½ cups milk
1 teaspoon butter
¾ teaspoon almond or vanilla extract
1 teaspoon grated orange peel

Meringue
4 egg whites, room temperature
¼ teaspoon cream of tartar, optional
¼ cup cold water
¼ cup sugar

Preheat oven to 325F. To make custard, whisk together egg yolks, sugar and cornstarch in the top of a double boiler of simmering water. Add milk and continue to whisk until custard becomes very thick. Whisk in butter. Remove from heat and add almond extract and orange peel, blending well. Let cool slightly and spread evenly over bottom of pie shell. Let stand until set, about 10 minutes. In a small saucepan, bring the raspberry pie filling to a boil. Reduce heat and simmer, stirring for 5 minutes. Remove from heat. Carefully spoon the pie filling over the custard layer, covering completely. To make meringue, beat egg whites with cream of tartar, until foamy. Add the sugar, 1 tablespoon at a time, beating for 2 minutes after each addition. Continue beating until the meringue is glossy and forms stiff peaks. Pile the meringue onto the pie, gently spreading to partially cover the pie crust. Bake for 15-18 minutes or until golden.

## Rice Pudding

Sandy Cole

2 cups cooked white rice
1 ½ cups milk

1 ½ teaspoon butter
2 beaten eggs
½ cup sugar
1 cup raisins

Mix together and place in saucepan. Heat until mixture just starts to boil. Remove from heat and add:
1 teaspoon vanilla
¼ teaspoon nutmeg
Pour into dessert dishes and let cool and set.

## Rum and Butter Parfait

Harvey Kivela

1 package (7oz) caramels
½ cup evaporated milk
1 cup small marshmallows
2 tablespoons rum or 1 teaspoon rum extract
1 pint French vanilla ice cream
½ pint whipping cream
1 tablespoon sugar
½ cup toasted chopped almonds

Melt caramels with milk on top of double boiler or in microwave. Add marshmallows and stir until melted. Stir in rum, chill until serving time. Whip cream, add sugar. To serve, alternate layers of sauce, ice cream and whipped cream. Top with whipping cream and toasted almonds.

## Sandy's Original Cherry Cheese Pie

Sandy Cole

1 250g cream cheese, softened
½ can sweetened condensed milk

1 cup whipped cream
¼ cup lemon juice
1 teaspoon vanilla
1 9inch graham cracker crust
1 19oz can cherry pie filling
In a large bowl, beat cheese until fluffy. Add condensed milk and whipped cream. Blend well. Stir in lemon juice and vanilla. Pour into crust. Chill 3 hours or until set. Top with desired amount of pie filling. Refrigerate leftovers.

## Sour Cream Rhubarb Pie

10 inch unbaked pie shell
4 cups cubed rhubarb
1 ½ cups white sugar
1 cup sour cream
1/3 cup flour
strawberries, optional
Topping:
½ cup flour
½ cup brown sugar
¼ cup soft butter

Arrange rhubarb in unbaked pie shell (a few strawberries scattered among the pieces of rhubarb makes pie prettier and even tastier). Mix sugar and flour and stir in cream. Pour evenly over rhubarb.

Topping: Combined ingredients until crumbly and sprinkle on top. Bake in 450F oven for 15 mins, then an additional 30 minutes at 350F or until fruit is tender, filling is set and crumbs are golden brown.

## Speedy Pat-in Pastry

1 ½ cups flour
1 ½ teaspoon sugar
3 tablespoons cold milk
¾ teaspoon salt
½ cup oil

Sift flour, sugar and salt directly into a 9 or 10 inch pie plate. Combine the oil and milk in a measuring cup and beat with a fork until it is creamy. Pour all at once over the flour in the pie plate. Mix with a fork until the flour is completely dampened. Push the dough with your fingers to line the bottom and sides of the plate. If you're fussy, press it down with another pie plate to get it even. Flute the edges and fill with whatever filling you choose.

## Thimble Cookies

½ cup butter
¼ cup white sugar
1 egg
1 teaspoon vanilla
1 cup flour

Cream the butter and sugar together; add egg, mix well. Add vanilla and flour and mix. Roll into small balls. Take balls and dip into egg white, then roll in nuts or whatever you wish. Put on cookie sheet and dent with thimble drop of jello in dent. Bake for 10-15 mins or until done.

## Tiramisu

Winn Taylor

(low fat version)

2 large egg yolks
½ cup sugar
1 cup plus 1 tablespoon strong black coffee
2 tablespoons Kahlua
½ cup low fat ricotta cheese
8 oz light cream cheese
1 tablespoon buttermilk or milk
about 20 ladyfingers (toasted)
2 tablespoons cocoa

Combine egg yolks, sugar, 1 tablespoon coffee and Kahlua. Beat 2-3 minutes. In food processor or blender, process ricotta cheese, cream cheese and milk until smooth. Add to egg mixture. Set aside. Pour 1 cup coffee into shallow bowl and quickly dip both sides of lady fingers. Arrange 6 or 7 dipped ladyfingers in the bottom of decorative serving bowl. Spread 1/3 filling over ladyfingers. Continue layering lady fingers and filling, finishing with a layer of filling. Sprinkle cocoa powder over top. Refrigerate for 1 hour before serving. Serves 8.

## Tutti Frutti

Tracey Pratt

2 cups graham wafer crumbs
½ bag mini marshmallows
¼ cup red cherries, halved
¼ cup green cherries, halved
1 can Eagle Brand milk

Pour 1 cup coconut onto wax paper. Form mixture into a long roll and roll in the coconut. Wrap roll up in wax paper. Refrigerate. Cut into slices.

## Warm Chocolate Cake

Gail Kivela

4 oz bittersweet chocolate
2 oz unsweetened chocolate
2/3 cup unsalted butter
1/3 cup sugar
6 egg yolks
3 egg whites
1/3 cup flour

Preheat oven to 425F. In a heavy pot on low heat, melt chocolate and butter together. Cool slightly. Beat together sugar and egg yolks with an electric mixer until thick and creamy, about 4 minutes. Pour chocolate butter mixture and beat together for 5 minutes. In a separate bowl, beat egg whites until thick and fold into egg mixture along with flour. Pour into 6 non-stick buttered moulds or non-stick muffin tins. Bake for 5-6 minutes or until edges are just cooked and centre is still liquid. Cool for 5 minutes in tins. Carefully remove to serving dishes. Serve with lightly whipped cream. Serves 6.

## White Chocolate Mousse Cake with Raspberries

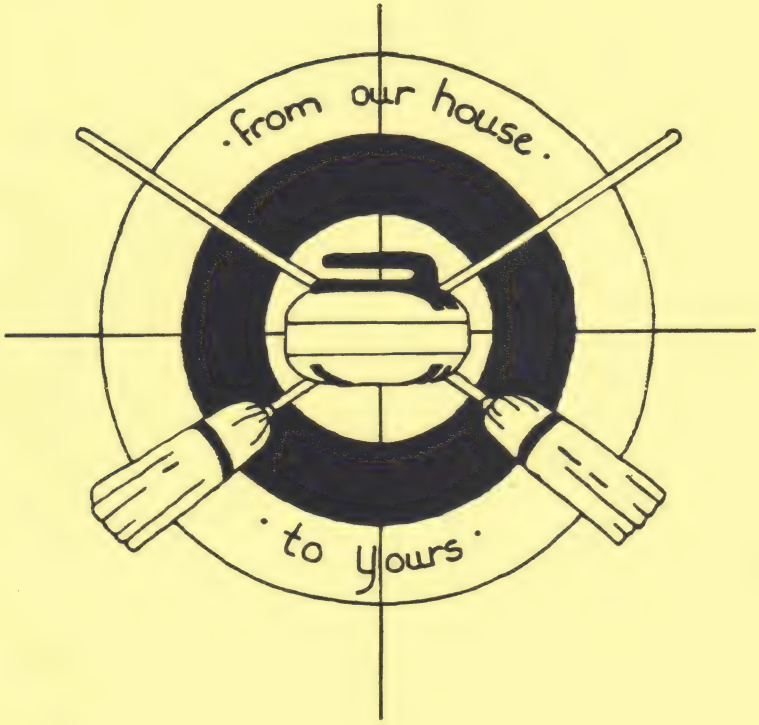
Gail Kivela

12-16 sponge lady fingers or layer of sponge cake
2 tablespoons raspberry jam
1 tablespoon framboise liqueur
4 cups raspberries
12 oz white chocolate

¼ cup water
2 cups whipping cream

Butter a 9" springform pan and line with parchment paper. Place a circle of ladyfingers over the base, pressing them together to cover base. In a small pot, heat jam and liqueur together until liquid. Brush over ladyfingers. Scatter raspberries over ladyfingers, making a thick layer. Refrigerate until mousse is ready. Over low heat in a heavy pot or large double boiler, stir together chocolate and water until melted. Remove from heat and transfer to a large bowl. Cool. Whip cream until it holds its shape. Whisk ¼ cup cream into chocolate mixture. Fold in remaining cream. Pour over raspberries. Smooth the top. Chill 2 hours or until set. Remove springform gently. Transfer mousse to a serving platter. Garnish with extra raspberries if desired.

# "On the Button" Brunch




***We slide from the hack with greatest of ease,***
***Sometimes on our fannies, sometimes on our knees.***

## INGREDIENT SUBSTITUTIONS

1 cup sifted **all-purpose flour** = 1 cup all-purpose flour minus 2 tbsp.
= 1 ¼ cup sifted cake & pastry flour

1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1 ½ tsp baking powder and ½ tsp. salt

1 cup **granulated sugar** – 1 cup brown sugar, firmly packed

1 tbsp. **Cornstarch** (for thickening) = 2 tbsp. Flour
= 2 tsp. Quick cooking tapioca

1 tsp. **Baking powder** = ¼ tsp. Baking soda plus ¾ tsp cream of tartar

1 tsp. **Double-acting baking powder** = 1 ½ tsp. Phospate baking powder or 2 tsp. Tartrate baking powder

1 cup **butter** = 1 cup margarine (hard or brick type)
= 1 cup shortening

1 cup **liquid honey** = 1 ¼ cups sugar plus ¼ cup liquid

1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid

1 cup **buttermilk or sour milk** = 1 tbsp. Lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 min.)

1 cup **buttermilk** = 1 cup plain yogurt

1 cup **sour cream** = 1 cup plain yogurt

1 cup **milk** = ½ cup evaporated milk plus ½ cup water

1 cup **skim milk** = 3 tbsp. Skim milk powder plus 1 cup water

1 cup **cream** = ¾ cup milk plus ¼ cup butter

1 ounce **chocolate** (1 square) = 3 tbsp. Cocoa plus 1 tbsp. Butter or shortening

1 package **active dry yeast** = 1 tbsp. Active dry yeast

1 whole **egg** = 2 egg yolks

1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup water

1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water

1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water

1 cup **tomato ketchup** = 1 cup tomato suace plus ½ cup sugar plus 2 tbsp. Vinegar

Juice of 1 **lemon** = 3 to 4 tbsp. bottled lemon juice

## Biscuit Mix

Zelda Cooper

1 lb lard or shortening
9 cups flour
1 tablespoon salt
½ cup baking powder

Sift flour, salt and baking powder into large bowl. Add lard, using pastry blender or fingers, mix through. Mix into small crumbs. Store in a large jar with tight top until needed. You do not have to keep in refrigerator. For about 12 biscuits, use 2 cups mix and ½ cup milk. Bake 10-12 minutes at 450F. For sweet biscuits add 1/3 cup white sugar and ½ cup raisins.

## Blueberry Streusel Coffee Cake

Gail Kivela

2 cups flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup sugar
¼ cup soft butter
1 large egg
½ cup milk
2 cups blueberries
streusel topping (see below)

Preheat oven to 375F. Combine flour, baking powder and salt. Cream butter with sugar until fluffy. Beat in egg and milk. With quick strokes, blend liquid ingredients into flour mixture and fold in blueberries. Spoon batter into a greased 9x9" pan and cover with streusel topping. Bake 45 minutes.

Streusel Topping
½ cup brown sugar
½ cup flour
½ teaspoon cinnamon
¼ cup butter
Stir together dry ingredients. Cut in butter to make rough crumbs.

## Cinnamon Buns

Gail Kivela

¼ to ½ cup pecans or raisins (optional)
18 Rhodes frozen dough buns
1/2 cup butter, melted
½-1 package butterscotch pudding
¾ to 1 cup brown sugar
1 teaspoon cinnamon

Grease a bundt or springform pan and place pecans and/or raisins in bottom. Arrange frozen buns in pan. Sprinkle with butterscotch pudding mix. Mix butter, brown sugar and cinnamon together and pour over. Cover with damp tea towel and leave overnight at room temperature, approx. 10 hours. Bake at 375F for 25-30 mins. Should be browned on top.

## Coffee Cake Ring

Marilyn Burrowes

½ cup butter
1 cup sugar
2 eggs
2 cups bread flour (all purpose)
1 teaspoon baking powder
1 teaspoon baking soda

1 cup sour cream
Cream together butter and sugar, add eggs. Mix flour, soda and baking powder together. Add to butter mixture, alternating with sour cream.

1 ½ teaspoon cinnamon
¼ cup sugar
Mix together.

In a greased ring pan, add ½ cake batter, sprinkle with ½ sugar mixture, then add remaining cake batter and top with remaining sugar mixture. Bake at 350F for 45 mins. Nuts and cherries are optional. This keeps well frozen.

## Cornmeal Muffins or Cake

Judith McNeilage

1 cup flour
1 tablespoon baking powder
½ teaspoon salt
½ cup white sugar
1 cup cornmeal
½ cup margarine, melted
1 egg
¾ cup milk

Mix together. Bake at 375F for 15-20 minutes. Makes 8 muffins or 1 8x8" cake.

## Deep Dish Frittata

Gail Kivela

2 tablespoons olive oil

¾ cup chopped onion
1 large clove garlic, minced
1 ½ cups mushrooms sliced
1 ½ cups each coarsely chopped zucchini, sweet red peppers
¼ lb ham or prosciutto, coarsely chopped
¼ cup chopped fresh basil (or 1 tsp dried)
9 eggs
1 cup light cream
2 cups stale bread cubes (1/2")
1 ½ cups shredded provolone cheese
1/3 cup crumbled feta cheese
¼ teaspoon each salt and pepper

In large skillet, over medium heat, heat oil. Add onion and cook until softened, about 5 minutes. Add garlic, mushrooms, zucchini and red peppers; cook stirring often, for 2 to 5 minutes. Stir in ham or prosciutto and basil, cook 1 minute longer. In large bowl, lightly beat together eggs and cream. Stir in bread cubes, cooked vegetables, cheeses and salt and pepper. Line inside bottom of 10" springform pan with foil to prevent leakage; grease pan well. Pour in egg mixture. Bake in 350F oven for 50-60 minutes or until puffed and knife inserted in centre comes out clean. Let stand for 10 minutes, then remove sides of pan and cut into wedges.

## Ham and Cheese Strata

Winn Taylor

16 slices white bread, trimmed
2 cups cheddar cheese
½ cup mozzarella
6-8 slices ham
6 eggs, beaten slightly
½ teaspoon salt
3 ½ cups milk

½ teaspoon dry mustard

Butter 9x13" pan. Butter bread on one side. Arrange 8 slices in bottom of pan, buttered side down. Place ham and cheese over bread. Add remaining 8 slices of bread, buttered side up. Slightly beat eggs, add milk, salt and mustard. Pour over bread. Set overnight. Bake at 350F for 45 mins. Let stand 5-10 minutes before cutting. Serve with salsa.

## Homemade Pancakes

Sandy Cole

2 cups flour
4 teaspoons baking powder
2 eggs, lightly beaten
1 tablespoon sugar
1 teaspoon salt
¼ cup oil or melted butter
1 ½ to 2 cups of milk

Combine all dry ingredients. Combine all wet ingredients. Stir wet into dry until large lumps disappear. Add more milk if batter needs thinning.

## Irish Cream French Toast

Sue Wright

4 eggs
1 ½ cups milk
¼ cup Irish Cream
1 tablespoon sugar
½ teaspoon vanilla
2 tablespoons butter, melted

8-10 slices raisin bread
butter (for frying)
cinnamon (optional)

Beat eggs, milk, liqueur, sugar, vanilla and butter in a large bowl until smooth. Dip bread quickly into egg mixture and pan fry in hot butter until golden brown on both sides. Sprinkle lightly with cinnamon, if desired. Serve hot with maple syrup.

## Mom's Coffee Cake

Gail Kivela

2 tablespoons melted butter
¾ cup brown sugar
1 teaspoon cinnamon
1 ¾ cups flour
3 teaspoons baking powder
½ teaspoon salt
2/3 cup sugar
1/3 cup shortening
1 egg
½ teaspoon vanilla
1 cup milk

Melt 2 tablespoons butter, stir in brown sugar and cinnamon. Set aside for top of cake. Measure flour, without sifting, into a large mixing bowl. Add baking powder, salt and sugar; stir thoroughly to blend. Cut in shortening with pastry blender or two knives. Make a hollow, add milk, egg and vanilla. Break egg yolk and stir milk and egg together in hollow, then combine to mix thoroughly. Spread into greased 8x8" baking dish. Drop brown sugar mixture by spoonfuls on top of cake. Baked at 375F for 35 minutes. Serve warm or cold.

## Murray's Muffins

Murray Cooper

1 cup white sugar
½ cup oil
1 egg
2 ½ cups flour
1 teaspoon baking soda
1 teaspoon baking powder
2 teaspoons vanilla
1 cup sour milk
1 ½ cups any fruit
½ teaspoon salt
Mix together, bake at 400F for 20-25 minutes and enjoy!

## Overnight Blueberry French Toast

Gail Kivela

1 ½ cups brown sugar
1 ¼ teaspoon cinnamon
¼ cup butter
12 slices bread
1 cup fresh blueberries
5 eggs
1 ½ cups milk
½ teaspoon salt

Combine brown sugar, cinnamon and melted butter. Mix well. Sprinkle 1/3 of mixture evenly over bottom of 9x13" pan. Cover with 6 slices of bread. Sprinkle another 1/3 of sugar mixture over bread and scatter berries on top. Place remaining bread on fruit. Sprinkle with remaining sugar mixture. Beat eggs, milk and salt together. Pour evenly over bread. Press down lightly. Cover with plastic wrap and refrigerate overnight or let stand at room temperature for 2 hours.

Bake uncovered at 350F for 40-45 minutes or until puffed and golden Serve warm with maple syrup.

## Roasted Peameal Bacon

Gail Kivela

2 lbs (1kg) peameal bacon
¼ cup rye whisky, apple or orange juice
2 tablespoons brown sugar

Preheat oven to 350F. Place bacon in an oiled baking dish. Stir whisky with sugar until dissolved. Spoon evenly over cornmeal coating that covers bacon. Bake uncovered until top is golden brown, from 45-50 minutes. Slice thinly.

## Salmon Souffle Roll

Diane Whitmarsh

½ cup butter, unsalted
½ cup flour
1 ½ cups hot milk
6 egg yolks
¼ teaspoon cayenne pepper
1 teaspoon each salt and pepper
1 ½ cups cream cheese
2 smoked salmons

Melt butter, add flour, add milk. Remove from stove, add egg yolks, add well beaten egg whites. Bake at 400F for 15 minutes on a cookie sheet that has been lined with parchment paper. Turn out onto a tea towel that has been sprinkled with bread crumbs (helps souffle not to stick). Spread with cream cheese (approx. 1 ½ cups of cream cheese). Lay 2 smoked salmons on top of cheese. Top cheese with

dill and ground pepper or with capers. Roll up like jelly roll using the tea towel to roll. Decorate top with sprigs of green onion.

Sauce
1 cup sour cream or cream cheese
2 teaspoons mayonnaise
2 tablespoons honey mustard
Place on centre of table on a raised platter turned upside down and covered with a decorative cloth.

## Sugar Topped Muffins

Sandy Cole

2 cups flour
4 teaspoons baking powder
1 egg beaten
¼ cup vegetable oil
2 tablespoons sugar
½ teaspoon salt
1 cup milk
1 cup raisins or ¾ cup blueberries or 1 cup chocolate chips

Mix flour, sugar, baking powder and salt (add raisins if using). In separate bowl, beat egg, add milk slowly, then add oil and beat with a fork until blended. Make a well in dry ingredients and pour wet ingredients in. Stir only until combined. Batter should be lumpy. Gently fold in blueberries or chocolate chips, if making these kinds of muffins. Scoop mix into lined muffin cups. Bake at 400F for 20 to 25 minutes.

Topping
Melted butter
½ cups sugar and 1 teaspoon cinnamon mixed in

Dip top of hot muffins in melted butter and then dip in sugar mixture. Let cool and serve.

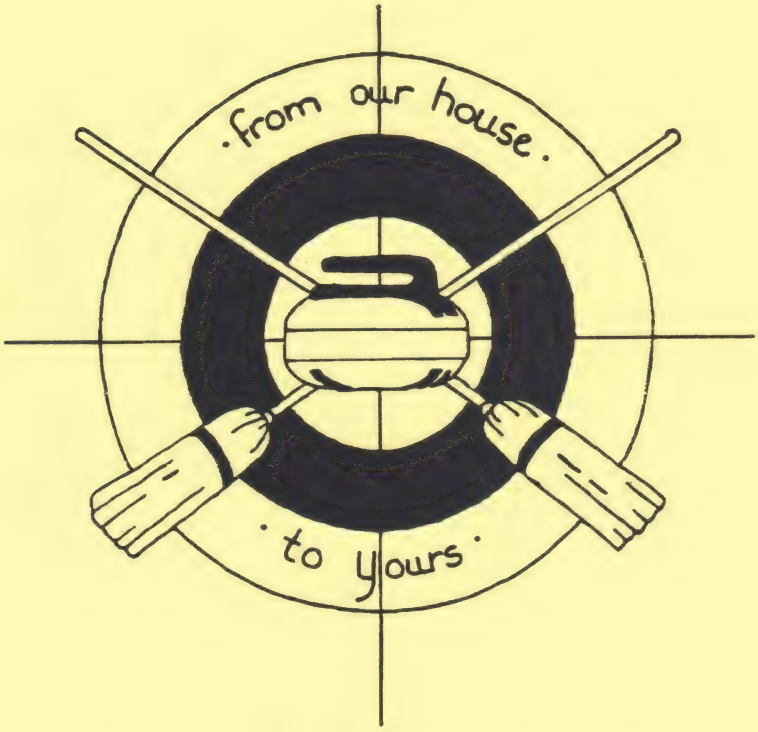
## Whole Wheat & Cheddar Biscuits

Sharon Kernohan

1 ¼ cups all purpose flour
¾ cup whole wheat flour
2 teaspoons baking powder
1 teaspoon baking soda
¼ teaspoon salt
1/8 teaspoon cayenne pepper
½ cup shredded cheddar cheese
3 tablespoons butter or margarine
1 cup buttermilk
1 teaspoon honey

Preheat oven to 425F. In a medium bowl, combine flours baking powder, baking soda, salt and cayenne. Stir in cheese. Cut in butter until mixture resembles coarse oatmeal. Combine buttermilk and honey. Add to dry ingredients. Using a fork to stir, form a soft dough. Turn dough out onto a lighly floured surface. Form a ball. Roll out dough to ¾ inch thickness. Cut in 2 ½" rounds using a biscuit or cookie cutter. Place on greased cookie sheet. Bake for about 12 mins or until golden brown. Makes about 12-14 biscuits.

# "Good Game" Other Goodies




***After we discuss every shot, bad or good,***
***We can do all the drinking a good curler should.***

## OTHER RECIPES / NOTES

## Barcardi Spiced Rum Punch

Gail Kivela

750ml bottom Asti Spumanti
50ml (2 oz) Bacardi Spiced Rum
50ml (2 oz) Amaretto
750ml club soda
orange slices
mint sprigs
ice cubes
orange juice, optional

Place ice cubes in a punch bowl. Add remaining ingredients, stir lightly and serve.

## Barbecue Sauce

Gail Kivela

¾ cup onion, minced
1 cup ketchup
1 cup boiling water
1 oxo beef cube
½ cup molzsses
¼ cup brown sugar
2/3 cup vinegar
2 teaspoons dry mustard
½ teaspoon salt and pepper
dash cayenne

Mix all ingredients and simmer for 20 minutes. Keeps well refrigerated for weeks. Delicious on ribs or chicken.

## Beer Bread

Pat Woodcroft

3 cups self-rising flour
1 egg
2 tablespoons sugar
1 bottle (12oz) beer at room temperature

Preheat oven to 350F. Beat egg, beer and sugar. Mix in flour. The batter will be sticky. Bake in a greased 9x5" loaf pan for 1 hour. Makes 1 loaf.

## Champagne Punch

Gail Kivela

4 cups Cranberry Cocktail, chilled (substitute Strawberry/Cranberry)
1 (750ml) bottle champagne, chilled
2 (750ml) bottles gingerale, chilled
4 cups orange juice, chilled

Combined all ingredients in a large punch bowl with ice.
Makes 35, 4oz servings.

## Children's Bubble Mix

Sandy Cole

1 cup dish detergent
3 teaspoons of glycerine
8 cups of cold water

Mix together and let stand for a few hours of overnight.

## Children's Play Doh

Sandy Cole

1 cup flour
1 cup boiling water
2 tablespoons cream of tartar
½ cup salt
3 teaspoons of oil

Mix together in a pot over medium heat until gooey and lifts from pot. Colour with food colouring.

## Dandelion Wine

Sandy Cole

1 quart of dandelion flowers, boil in 4 quarts of water for 5 minutes. Let stand for 48 hours in a stone crock. Then add:
2 oranges cut up in slices
2 lemons cut up in slices
1 lb seedless raisins
3 lbs sugar
1 package yeast (pour yeast on a piece of toast and float on mixture)

Stir mixture every day for 2 weeks. Strain and bottle.

## Eagle Brand (Homemade)

1 cup milk powder
2/3 cup sugar
3 tablespoons margarine or butter
1/3 cup boiling water

Add all ingredients, mix until smooth. Makes 1 ½ cups.

## Easy Beer Pizza Crust

Jack Taylor

3 cups flour, more for rolling
1 tablespoon baking powder
½ teaspoon salt
1 bottle of beer
Mix dry ingredients. Add beer and mix. Knead. Divide into 2 balls. Place on 2 cookie sheets. Roll. Top with your favourite ingredients.

## Fergosa (an Italian Bread)

Bev Kinsman

½ cup chopped onion
1 tablespoon butter
1 cup tea bisk
½ cup grated cheddar cheese
1/3 cup milk
1 cup grated cheddar
1 egg, slightly beaten
poppy seeds

Saute onion in butter until transparent. Combine tea bisk, ½ cup cheddar and milk. Beat till smooth. Knead 10 times on a floured surface, adding flour if too sticky. Butter an 8 or 9" pie pan. With your hands, spread mixture on bottom of pan. Combine 1 cup cheddar and egg. Spread on crust, sprinkle with onion, butter and poppy seeds. Bake at 425F for 20 minutes. Cut in wedges. Serves 8.

## Gingerale Punch

Bev Kinsman

Juice and pulp of 4 lemons
1 bottle of concentrated Welchs grape juice

sugar or syrup to taste
1 bottle of gingerale

Mix fruit juices and sugar. Put in the fridge for a few hours to make it syrupy. Just before serving, add the gingerale. Kids love it!!

## Marilyn's Turkey Dressing

Marilyn Burrowes

4 cups bread crumbs
4 eggs
½ package lipton onion soup
1 cup uncooked popcorn

Stuff turkey, put in oven. When 3 hours are up, get the hell out. The stuffing is going to blow the turkey's ass right out of the kitchen.

## Mulled Wine

Diane Whitmarsh

4 cups water
1 cup sugar
6 cinnamon sticks
18 cloves
½ lemon rind
1 bottle red wine
Heat in a crock pot. Good all day long!!

## Pickled Eggs

Sandy Cole

***A Club Favourite!***

1 ½ to 2 dozen hard boiled eggs, peeled

2 ½ cups vinegar
1 cup sugar
½ teaspoon pickling salt
½ cup water
1 large onion, sliced
1 ½ teaspoons pickling spice

Pierce eggs in one end through to the other. Place in large jar. Place rest of ingredients in saucepan and boil for 5 minutes. Let cool until warm and pour over eggs. Put lid on and let eggs sit refrigerated for 7 to 10 days.....*then enjoy!*

## Pretty Damned "Hot" Salsa

Gail Kivela

12-15 large ripe tomatoes or 3 (28oz) cans diced tomatoes
5 green peppers
8 hot banana or jalapeno peppers
5 onions
5 ½ oz can tomato paste, about 2/3 cup
4 crushed garlic cloves
¼- ½ cup cider vinegar
¼ cup brown sugar
1 tablespoon salt
2 teaspoons paprika
1 teaspoon dried basil
1 teaspoon dried oregano
¼ cup chopped coriander

Sterilize enough jars and lids to hold 13 cups salsa. Peel, core and coarsely chop fresh tomatoes. You should have 10-12 cups. Place chopped tomatoes or entire contents of canned tomatoes in a large saucepan. Seed and coarsely chop green peppers. Seed hot peppers and finely chop. Coarsely chop onions. Add peppers and onions to

tomatoes. Stir in tomato paste, garlic, ¼ cup vinegar, brown sugar, salt, paprika, basil and oregano. Slowly bring to boil, uncovered and stirring often, over medium heat. Reduce heat to low and simmer, uncovered stirring often until quite thick, about 1 ¼ hours. Stir in coriander. Taste and stir in remaining ¼ cup vinegar, if needed. Continue simmering stirring often until as thick as you like, about 15 minutes more. Ladle into warm sterilized jars leaving a ¼" headspace. Seal while hot with sterilized 2 piece lids with new centres. When cool, store in refrigerator. Salsa will keep for several months.

## Roast Skunk

*How to cook a skunk.....*
*Don't laugh! During the depression in the 1930's rugged individuals who were too proud to accept welfare ate everything they could shoot or trap. They discovered, like their forefathers had done before them, that skunk meat was white, tender and tasty. It was also a delicacy of the Indians, so don't knock it until you've tried it.....*

1 cup clear soup (bouillon cube)
2 sliced carrots
1 teaspoon onion juice

Dissolve bouillon cube in 1 cup hot water. Skin, clean and remove inside. Remove scent glands. Parboil in salted water for 15 mins. Drain off water, then place meat in fresh water and steam until tender about 1 hour. Transfer to roasting pan and in oven at 375F degrees, add soup, 2 sliced carrots and onion juice and cook, uncovered, 2 hours.

## Sandy's Dill Pickles

Sandy Cole

Cucumbers about 4" in length -- wash, trim ends and pack standing in a 1 quart jar. In each jar put 1 dried chili pepper, 1 section of garlic, 1 teaspoon of pickling spice and 1 head of dill. Cover with syrup and seal. Let sit about 2 months before eating.

Syrup = 2 quarts water, 1 quart vinegar, 1 cup pickling salt.
Boil for 5 minutes and let cool till cold, then pour over cucumbers in jars.

## Sangria

Gail Kivela

4 bottles (750ml) Sangria wine
1 bottle (750ml) good red wine
1 bottle (750ml) good white wine
1 bottle (13oz) orange brandy
3-4 cups gingerale
3 lemons, thinly sliced
3 limes, thinly sliced
3 oranges, thinly sliced
1 apple, thinly sliced
1 pint strawberries, thinly sliced

Mix well. Let mellow 24 hours before serving. Enjoy!!!

## Sauce for Baked Ham

Helen Rice

Heat 1 tin of either raisin or cherry pie filling over med heat until warmed. Add enough brandy or white rum to make pouring consistency.

## Slush

Gail Kivela

1 can (48oz) pineapple juice
1 large can frozen lemonade
1 large can frozen orange juice
2 cups Rye or Vodka

Mix above ingredients and freeze. To serve, scoop a few ounces of slush into a tall glass and top with ginger ale or 7-up.

## The Utmost Grilled Cheese

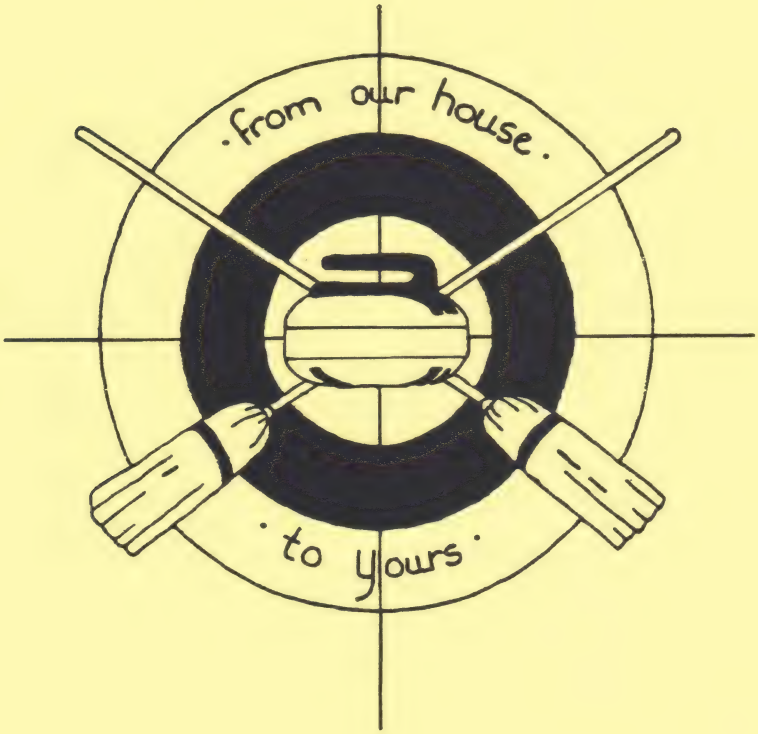
Sue Wright

1 loaf French bread
2 tablespoons prepared mustard
1 cup cheddar cheese, grated
1 cup jack cheese, grated
¼ cup butter or margarine, softened
½ teaspoon worchestershire
1 egg
4 to 6 slices bacon, cooked crisp and crumbled
2 green onions, chopped

Halve loaf lengthwise and spread cut sides with mustard. Mix cheeses, butter, worchestershire, egg, bacon and onions in a bowl, until well combined. Spread mixture on bread. Place on a baking sheet and broil till lightly browned and puffed (usually 5 minutes). Cut into strips and serve immediately. *Great for lunch or dinner with a steaming bowl of soup.*

## OTHER RECIPES / NOTES

# Specialties from our Junior Curlers



## OTHER RECIPES / NOTES

## Banana Loaf

Tori & Rawn Brown

1 cup sugar
½ cup margarine
1 egg
¼ cup chopped walnuts
1 teaspoon baking soda
1 teaspoon baking powder
3 bananas
3 tablespoons milk
1 ½ cups flour
¼ teaspoon salt

Cream sugar, margarine and egg together. Add bananas, walnuts and milk. Separately blend together all dry ingredients. Mix everything well and pour into a greased loaf pan. Bake at 350F for 1 hour.

## Blender Yorkshire Pudding

Matthew Guyatt

Beat in blender:
4 eggs
Mix in and blend 1 minute:
¼ cup milk
1 teaspoon salt
1 ½ cups flour
Then add 1 ¾ cups milk and blend.

Refrigerate at least 2 hours. Fill greased muffin tins to top and bake at 450F for 20-30 mins. Makes 10 muffins.

## Broccoli Salad

Krystal Searles

1 large head broccoli, chopped
1 small onion, chopped
1 cup chopped walnuts
1 cup chopped almonds or sunflower seeds
12 slices bacon, crumbled

Dressing
1 cup mayonnaise
1 cup sugar
2 teaspoons white vinegar
Mix all together and refrigerate for 12 hours. Serve cold. Pour dressing over broccoli.

## Butter Tarts

Jim Minto

1/3 cup butter
½ cup golden corn syrup
½ cup brown sugar
½ to 2/3 cup raisins
1 teaspoon vanilla
¼ teaspoon salt
5 eggs

If syrupy filling is desired, use 1 egg instead of 2. Melt butter. Put all ingredients together except egg. Mix well, cool and add eggs. Pour into tart shells and bake at 300F.

## Buttermilk Pancakes

Matthew Guyatt

Mix together:
1 ¾ cups flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
Mix and add to dry:
2 cups buttermilk
¼ cup vegetable oil
2 eggs

## Caramel Chocolate Chip Cookies

Dillon Holme

1 cup brown sugar
1 cup white sugar
1 cup butter
2 eggs
2 teaspoons vanilla
2 tablespoons milk
2 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
2 cups uncooked quick rolled oats
1 package milk chocolate covered caramels.

Preheat oven to 350F. Cream first 3 ingredients together. In a separate bowl combined next 3 ingredients, then add to creamed mixture. Sift together flour, baking soda, baking powder and salt, then add to above mixture. When smooth, add oats and caramels. Bake till golden brown.

## Chex School Fuel

Jessica Pottier

¾ cup packed brown sugar
6 tablespoons margarine or butter (do not use spread or tub products)
3 tablespoons light corn syrup
¼ teaspoon baking soda
4 cups Corn Chex cereal
4 cups Rice Chex cereal
¼ cup semisweet chocolate chips

Cover cookie sheet with waxed paper. Microwave brown sugar, margarine and corn syrup in large bowl, uncovered on high for 1-2 mins, stirring after 1 min until margarine is melted. Stir in baking soda until dissolved. Stir in cereals. Microwave on high 3 mins, stirring every minute. Spread on cookie sheet. Cool 10 mins then break into bite-sized pieces. Microwave chocolate chips in small bowl until melted and can be stirred smooth. Drizzle over pieces. Refrigerate until chocolate is set then store in airtight container. You can also stir in 1 cup broken pretzels or ½ cup honey roasted peanuts with the cereal.

## Chocolate Bon Bons

Ryan Cole

1 ½ cups peanut butter
1 ½ cups icing sugar
1 11/2 cups Kellogs Special K
1 cup of coconut
½ cups peanuts (optional)
2 tablespoons melted butter
Mix with hands and roll into balls. Refrigerate for ½ hour.

Coating:
7 tablespoons of cocoa
3 tablespoons butter
½ cup white sugar
4 slabs of parawax (about 3x3")

Heat in double boiler. Put bon bons on skewer and dip in mixture.

## Chocolate Chip Cookies

Jim Minto

2 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 cup sugar
½ cup brown sugar, packed
2/3 cup butter
2 eggs
2 teaspoons vanilla
1 cup chocolate chips
½ cup nuts, optional

Spoon flour into dry measuring cup level off and pour onto wax paper. Add soda, salt and stir well. Cream sugar (brown and white), butter, eggs and vanilla. Add flour mixture to creamed mixture, mix well. Stir in chocolate chips and nuts. Drop by spoonfuls on greased baking sheets. Bake at 375F for 6-7 mins. Makes 4 dozen.

## Chocolate Chip Crunchies

Tristan Ellis

Cream together:
1 cup margarine

1 cup lightly packaged brown sugar
¾ cup granulated sugar
1 teaspoon vanilla
Beat in:
1 egg
2 tablespoons water

Beat until light and fluffy. Stir in dry ingredients:
2 cups cake flour
1 teaspoon baking soda
1 teaspoon salt
Now fold in:
1 cup rolled oats
1 (6oz) package chocolate chips
1 cup chopped nuts (optional)

Drop batter from a teaspoon about 2 inches apart on greased baking sheet. Bake in preheated 350F oven for 8-10 mins. Makes 6 dozen small ones.

## Chocolate Macaroons

Tyler Sutherland

In a small sauce pan, combine:
2 cups white sugar
½ cup milk
2 tablespoons margarine or butter
½ cup cocoa
Bring this to a boil, continue to boil for 3-4 mins, stirring occasionally.
Add 1 teaspoon vanilla.

In another metal or heat resistant mixing bowl, combine:
6 cups rolled oats
1 ½ cups coconut

Pour boiled mixture into oat mixture. Mix until all oats are moist. Spoon onto waxed paper, in small heaps. Let firm. Enjoy!

## Chocolate Pudding Pie

Jessica Pottier

1 small tub cool whip
1 package instant chocolate pudding mix
1 pre-made chocolate cookie crust
chocolate syrup, optional

Prepare the chocolate pudding according to package directions. When set, fold in cool whip. Pour mixture into cookie crust. Drizzle chocolate syrup over the top. Freeze for 2-3 hours. Thaw 10-15 mins before serving. You can also use vanilla or banana pudding and garnish with fresh strawberries or any other fruit.

## Christmas Candy

Steven & Jean Draker

1 box Crispix cereal
2 lbs white chocolate
2 lbs M&M's

Mix dry ingredients while white chocolate is melting. Add ingredients to chocolate. Spread out on waxed paper.

## Christmas Rainbow Cake

Trevor Cole

1 package white cake mix
1 package red jello
1 package green jello

2 cups boiling water
1 8oz container cool whip

Prepare cake mix as directed for two 8" layers. Cool. Place cake layers, top side up, in 2 clean pans. Prick each layer with utility fork at ½" intervals. Dissolve each jello separately in 1 cup boiling water and carefully spoon each over one layer. Chill 3-4 hours. Dip cake pan in warm water and put on serving plate. Top with 1 cup whip cream. Unmould second layer and place on top of first layer. Frost top and sides with remaining whip cream and decorate with red and green gum drops.

## Chunky Cheesecake Brownies

Amanda Alain

1 package (250g) regular or light cream cheese, softened
¾ cup sugar, divided
3 eggs
1 package (280g) semisweet chocolate chips, divided
¼ cup butter or margarine
½ cup flour
½ teaspoon baking powder
¼ teaspoon salt

In bowl, beat cream cheese with ¼ cup sugar and 1 egg until smooth, set aside. In separate bowl, melt 1 cup chocolate chips with butter over hot water, cool. Stir in remaining ½ cup sugar and 2 eggs till well blended. Stir in flour, baking powder and salt. Pour ½ chocolate mixture into greased 9" square pan. Stir remaining chocolate chunks into cream cheese mixture. Pour evenly over mixture in pan, top with remaining chocolate mixture. With knife swirl layers to marble. Bake at 350F for 25-30 mins. Cool, cut into bars. Store in refrigerator. Makes 36 brownies.

## Cold Veggie Pizza

Allana Coburn

pizza dough, cooked & cooled
cream cheese
broccoli, celery, green onions, cauliflower
(or any other raw vegetable)

Spread cream cheese on pizza dough. Cut veggies in small pieces and sprinkle on dough.

## Cranberry Banana Muffins

Jesse Hamilton

1 1/3 cups all purpose flour
¾ cup sugar
½ cup oats
1 tablespoon baking powder
½ teaspoon salt
1 egg
1 ½ cups mashed bananas (3-4 bananas)
½ cup butter or margarine, melted
1 cup cranberries

Combine first 5 dry ingredients in mixing bowl. Mix well, beat egg, bananas and melted butter together thoroughly. Add to dry ingredients stirring just until moistened. Fold in cranberries. Fill greased muffin tins, almost full. Bake at 375F for 20-25 mins or until top springs back when lightly touched. Helpful hints: grease top of muffin as well as cups for easy removal of muffins. Freezes well. Makes 12 muffins.

## Crunchy Oatmeal Cookies

David Guyatt

1 cup margarine
3 cups brown sugar
2 eggs
1 teaspoon vanilla
Cream together, then add:
2 cups flour
1 teaspoon baking powder
½ teaspoon soda
salt

Mix in 1 cup coconut and 2 cups rolled oats. Bake at 350-375 until golden. Makes 5 dozen.

## Dan Boisvert's Caesar Salad

Luc Boisvert

4 cloves fresh garlic, crushed
½ teaspoon anchovy paste
Mix into paste

Gradually add:
2/3 cup olive oil
4 dashes red wine vinegar
7 dashes worchestershire sauce
1 dash tabasco sauce
1 teaspoon Dijon mustard
juice from ½ lemon (or 1 tablespoon lemon juice)
3 shakes salt
1 egg yolk
17 grinds of a large pepper mill
2 heaping tablespoons of real Italian parmesan cheese, grated

Mix all of the above in blender. Add real bacon (crumbled) and cooked until crispy. In a large bowl, toss 1 head romaine lettuce, garlic croutons and dressing. Serve with lobster or just about anything!

## Double Rich Chocolate Chip Cookies

Chantal & Edward Cyr

1 cup brown sugar, packed
¾ cup white sugar
1 cup margarine, at room temperature
2 ½ cups flour
½ teaspoon baking soda
½ cup cocoa
3 eggs
2 teaspoons vanilla
2 cups chocolate chips

Combine flour, soda and cocoa; mix well. Combined sugars. At med speed add butter, beat until grainy paste. Add eggs and vanilla. Beat until light. Add flour mixture and chocolate chips. Stir until mixed. Drop by heaping teaspoon onto cookie sheets. Bake at 300F for approx. 18-20 mins. Remove immediately to cool surface. Makes about 5 dozen cookies. *Enjoy!*

## Emily Elizabeth's Cookie Recipe

Ryan Cole

1 cup butter
2/3 cup sugar
1 egg
1 teaspoon vanilla extract
2 ½ cups sifted flour
a pinch of salt

Cream the butter and sugar, then beat in the egg and vanilla. In a separate bowl, combine the flour an salt, then mix with the butter, egg/sugar mixture. Chill the dough for at least 3 hours. Preheat oven to 350F. On a floured surface, roll out dough and cut into shapes with floured cookie cutters. Bake cookies on a greased cookie sheet for about 8 mins.

## Gingerbread Boys & Girls

Trevor Cole

2/3 cup shortening
1 ¼ cup sugar
2 tablespoons molasses
2 eggs
2 tablespoons sour milk
1 teaspoon soda
3 cups flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon ginger

Blend together. Refrigerate 30 mins. Roll out onto floured board. Dip cookie cutter in flour and cut out shapes. Place on greased cookie sheet. Bake at 325-350F until yummy (10-15 mins).

## Halloween Taffy Apples

Arthur Welborn

½ cup Beehive Golden Corn Syrup
2 cups sugar
¼ cup water
1 teaspoon vanilla

red food colouring, optional

Measure the sugar into a saucepan and add the corn syrup and water. Bring to the boil, stirring until the sugar dissolves, then tint deeply with red food colour if you desire; boil syrup until it will spin a very brittle thread when a little is dropped in cold water. (Temperature on candy thermometer should be 290F.) Remove from heat and stir in vanilla. Quickly dip the apples into the hot syrup, coating completely, stand on buttered pan until cold.

## Hamburger Soup

Jason Scott

1 ½ lbs ground beef
1 28oz can tomatoes
2 cans consomme
4 medium carrots, sliced
3 celery ribs chopped
8 tablespoons barley
1 medium onion, chopped fine
2 cups water
1 can tomato soup
1 bay leaf (optional)
½ teaspoon thyme
salt & pepper to taste

Brown meat and onion, drain. Combine all ingredients in a large pot. Simmer covered at least 2 hours.

## Homemade Tomato Soup

Shawn & Shannon Harding

1 large can diced tomatoes

equal amount milk
1 teaspoon baking soda
saltine crackers to taste
pepper to taste

Place tomatoes in a large pot on stove. Heat on low. Add baking soda to tomatoes to remove acid content. Add milk, crushed crackers and pepper. Heat to serving temperature without boiling. Flavour can be adjusted by softening chopped onions and adding or by using stewed tomatoes. Amounts can be adjusted depending on number of people being served.

## Homestead Waffles

Matthew Guyatt

Mix together:
2 cups flour
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
Then add:
2 cups buttermilk
¼ cup melted butter
3 eggs.

Cook for 4 mins in waffle iron.

## Hot Apple Cider

Trevor & Ryan Cole

3 cans apple juice
juice of 1 lemon
4 cinnamon sticks

1 small can of pineapple juice
1 tablespoon honey
½ teaspoon allspice
orange slices dotted with whole cloves

Bring mixture to hot temperature and keep in crockpot to keep warm. Place oranges on top. Enjoy after tobogganing or hockey!

**Meatballs** Trevor Cole

1 lb ground beef
½ cup finely chopped onion
½ teaspoon oregano
¼ teaspoon pepper
1 cup bread crumbs
1 egg
½ teaspoon salt

Mix all together and roll into balls. Brown in frying pan over med-low heat until cooked through.

**Money Back Brownies** David Guyatt

Melt 1 cup butter or margarine
Mix in:
1 cup sugar
1 cup brown sugar
¾ cup cocoa
3 eggs

Add:
1 cup flour
1 ½ teaspoons baking powder
1 ½ teaspoons vanilla.

Mix well and pour into a greased 9x13" pan. Bake in 350F oven till done.

## Nachos

Alex Danilko

1 lb ground beef
1 pouch taco powder
1 onion
can brown beans
old cheddar cheese
bag tortilla chips
tomatoes, diced
lettuce, shredded
sour cream
salsa
Brown the beef, add the taco spice pouch. Cut the onions into small pieces and mix in. Add the can of brown beans. Spread the tortilla chips on a cookie sheet. Spread the taco mixture over the chips. It's optional if you want to put some cheddar on now, to melt it on or if you put it on after. Heat the chips for 5 mins at 350F, to melt cheese. Now add the cut up tomatoes, lettuce, sour cream, salsa and cheese while it's on your plate. Enjoy!

## Old Fashioned Fudge

Coral Pratt

6 tablespoons butter

1/3 cup peanut butter
4 tablespoons milk
1 tablespoon vanilla
3 ¼ cups icing sugar
½ cup brown sugar
½ cup cocoa
½ cup chopped nuts

Butter an 8" square pan. Put all ingredients, except nuts, into a medium pot, cook over low heat 7-8 mins, while stirring constantly. Fudge should be smooth and fluffy. Stir in nuts and pour into pan. Refrigerate. Cut into squares.

## Peanut Butter Crispies

Connor Duhaime

Heat to almost boiling, stirring constantly:
1 cup peanut butter
1 cup corn syrup
1 cup brown sugar

In large bowl, combine with 4 cups corn flakes and 2 cups rice krispies. Stir. Press into 9x13" pan.

## Popcorn Balls

Trevor Cole

2 quarts popped popcorn
2 cups white sugar
1 cup water
1 cup corn syrup
½ cup butter or margarine

Place popcorn in a large, well-buttered bowl. Place rest of ingredients in a saucepan and cook over med heat, stirring well until sugar is dissolved. Cook to hardball stage on candy thermometer (260F) or until a small amount of mix forms a hard ball when tested in very cold water. Pour syrup over popcorn, mix to coat evenly. With well-buttered hands, form popcorn into balls.

**Popcorn Surprise** Kim & Shannon Harding

1 bag microwave popcorn hot from the oven
1 package M&M candies
Pop popcorn as usual. Open bag while still hot and empty M&M candies in with the popcorn. Shake bag to mix candy. Enjoy!

**Omelette a la Ryan** Ryan Cole

1 egg
a shake of pepper
an eggshell of water
15 ml of margarine (or one spoonful)

Put egg, pepper and water into a bowl. Beat lightly with a fork until bubbly. Melt margarine in a pan. Pour in the egg mixture. Cook until set (not runny) Put cheese slice on ½. Fold over, remove from pan and serve.
*Recipe from 'Tales of a Forth Grade Nothing'*

**Quick & Easy Chicken Parmesan** Amanda Barnett

3 pieces boneless chicken breasts (cubed)

1 ½ cups slice mushrooms
1 diced green pepper
1 diced onion
2 chopped garlic cloves
salt & pepper
vegetable noodles (coloured)
1 cup parmesan cheese
1 can evaporated milk

Cook chicken with the garlic, add mushrooms, green pepper, onion, salt and pepper. Boil water for noodles, cook 5 minutes before noodles are cooked. In saucepan, add 1 can evaporated milk with 1 cup parmesan cheese, keep stirring until boiling. In a big bowl, add chicken mixture noodles and evaporated milk mixture. Stir together. Serve with garlic bread (optional).

## Rocky Road Candy

Joey Cox

1 can eagle brand condensed milk
1 package (6oz) or 1 cup semisweet chocolate chips
1 bag mini marshmallows
2 cups dry roasted peanuts

Over low heat, mix condensed milk and chocolate chips until chocolate chips are melted and mixture is smooth. Remove from heat and mix in marshmallows and peanuts. Spread into a 9x13" wax-paper lined pan.

## Schnitzel (Easy to do & Fast)

Brad & Rawn Brown

4 pieces of thinly sliced veal cutlets

flour
egg
breadcrumbs
salt and pepper
oil

In a deep frying pan, heat oil on stove. Take each piece of veal and dip it in egg, then dip it in flour, dip back in egg and then dip it in breadcrumbs. Place in hot oil and let fry about 2 mins (or until golden brown) on each side. It is important to remember to flip only once or breading will begin to crumble. Salt and pepper to taste. Once cooked on both sides, remove and place on paper towel to absorb extra oil. Serve with hot buttered noodles or rice or pasta of any kind.

## Salmon Puff

Trevor Cole

7 ¾ oz can red salmon
1 beaten egg
1 cup hot milk
salt and pepper

Drain liquid from salmon. Flake well. Mix all ingredients well and pour into buttered casserole. Bake at 400F for 30 mins. Serve with lemon slices.

## Sweet Marie Bars

Matthew Rienwald

1 tablespoon butter
½ cup corn syrup
½ cup peanut butter
½ cup brown sugar

Mix together and put on stove. Just melt through, DO NOT BOIL. Little bubbles will come along sides, take off heat. Add 1 cup peanuts with skin on and 2 cups Rice Krispies Mix well and put in greased 8x8" pan. Ice with chocolate icing.

## Ultimate Chocolate Chip Cookies

Jake Walker

¾ cup Golden Crisco shortening
1 ¼ cups lightly packed brown sugar
1 egg
2 tablespoons milk
2 teaspoons vanilla
1 ½ cups all-purpose flour
1 teaspoon salt
¾ teaspoon baking soda
1 cup chipits semisweet chocolate chips
1 cup coarsely chopped pecans

Preheat oven to 375F. Cream shortening and brown sugar in a large bowl at medium speed of electric mixer for 2 minutes or until light. Add egg, milk and vanilla, beating 1 min or just until blended. Combine flour, salt and baking soda. Add to creamed mixture gradually beating on low speed for 1 min or until blended. Stir in chocolate chips and pecans. Drop dough by heaping spoonfuls (2 tsp) on ungreased baking sheet leaving about 7cm/3" between cookies. Bake at 375F for 8-10 mins. Cookies will still appear moist when baked. Cool 2 mins, then remove to cooling rack.

## Zesty Chicken Taco Rice Salad

David Guyatt

1 pound boned chicken breasts, cut into strips

2 tablespoons oil
1 can (13 3/4oz) chicken broth
1 can (8oz) tomato sauce
1 package taco seasoning mix
1 can (12oz) corn, drained
1 medium red or green pepper (or a combination), cut into thin strips
1 ½ cups Minute rice
½ cup (2oz) shredded cheddar cheese
Tortilla chips

Cook and stir chicken in hot oil in large skillet until lightly browned. Add broth, tomato sauce and seasoning mix. Bring to a boil. Reduce heat; cover and simmer 5 mins. Add corn and red pepper. Bring to a full boil. Stir in rice. Cover; remove from heat and let stand 5 mins. Fluff with fork. Serve with cheese and tortilla chips. Makes 4 servings.

# THE END

**Thank you for supporting the Minden Curling Club**